







10X smoother feet than manual buffing.*





Introducing pedi from Clarisonic. The new sonic foot smoothing system.

Introducing the ultimate foot transformation, providing at-home foot care and professional pedicure maintenance from the brand that brought you the #1 cleansing brush recommended by dermatologists.



Available at clarisonic.com, Sephora, Nordstrom, Dillard's, Ulla, Macy's, select physicians & spas.

Brianic Sa registered trademor of Positie Bace-neck laboratores Inc. "Data on In



Exclusively Available At:

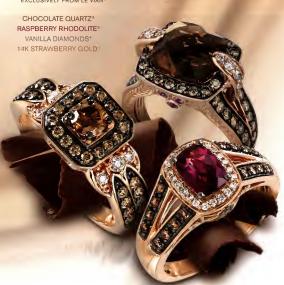
ARAMASAS - Tare & Co., Sautry - (501) 286-4581 | CALIFORNIA - Craig Shelly Fins Jewelers, Bancho Cacamonga - (909) 833-0881 | Pedis Jewelers, San Francisco - (415) 828-2288 | ROBRIGA - Solonon Brothers Fins Jewelers, Albania - (404) 228-6286 | Windood Fins Jewelers, Augusta - (1007) 728-7777 | Albania Water Jewelers, Designation (177) 628-5801 | MindONA - Alberts Tilmonia dewelers, Schereiner (198) 222-7200 | Martin Bander Jewelers, Designation | Mark Jewelers, Tilmoniam - (410) 223-6866 | MONTAMA - Goldonith Callers, 1981 (1981) 222-7200 | Martin Bander Jewelers, Challers - (100) 223-7217 | Albania Water - (100) 223-72

Ben Garalick Jewelers, Williamsville – [716] 631.1584 | OKLAHOMA – Vincent Anthony Jewalers, Tulsa – [916] 251-3790 | PENNSYLVANIA – Mathew Jewelers, Cranberry Twp – [724] 776-9240
Calebration Jewelers, Erie – (814) 825-7890 | – Garrick Jewelers, Hanover – (717) 637-1177 | Murphy Jewelers, Potsville – (570) 822-3138

TENNESSEE - Beil Jewellers, Murffresboro - (815) 893-9162 1 TEXAS - Ernesto's Jewelry, New Braunfeis - (830) 627-5203 1 Frank and Sons Jewelry, Pasadona - (261) 988-4653 WASHINGTON - Jewelry Design Centes, Spokane - (500) 487-2905 I WISCONSINI - ABE Jewellers, Appleton - (202) 202-2271 | ABE Jewellers, Nenth - (920) 987-2775 WEST VIRGINIA - Claim Broyels a Jewellers, Spomit Bell - (304) 882-211 (Howerd Bonnoc Center, Tradepliera - (304) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-2175 | (305) 587-217

ILE VIAN Chocolatier Chocolate Diamonds

EXCLUSIVELY FROM LE VIAN®



Available at

JARED*
The Galleria Of Jewelry
jared.com/levian

Contents.



EMMA THOMPSON: "I'M COMING INTO A WHOLE NEW HEART OF CREATIVITY"

ON THE COVER

| Emma Thompson72 |
|------------------------------------|
| 50 genius gifts-\$50 & under78 |
| Fail your way to success96 |
| Are you being overtreated?108 |
| 11 amazing books to curl up with28 |
| Your best hair at 30, 40, 5088 |
| Cozy (but chic!) holiday clothes35 |
| Younger-looking hands 49 |

features

72 | EMMA THOMPSON LIVES OUR FANTASY LIFE Over tea, the Oscarwinning actress chats about her latest role and wonders if she gushes about her husband too much by LEAH ROZEN

78 | 50 FABULOUS GIFTS 850 AND UNDER Presents your assistant, babysitter or neighbor will love by Lauren Murrow

88 | GET YOUR BEST HAIR AT 30, 40, 50, 60 Oh, aging. Tress experts weigh in on managing dryness, thinning and graysbeautifully by GENEVIEVE MONSMA

96 | HOW TO FAIL SUCCESSFULLY To get ahead in life, you have to take on tough challenges. And that means failingfrequently. How high achievers turn disaster into accomplishment BY LIZA MUNDY

102 THE NEW FOUNDING

MOTHERS A surprising, intimate look at how five women made political history by winning all of New Hampshire's top offices by Alexandra Starr

PHOTOS, COVER AND THIS PAGE: David Burton. HAIR: Tony Collins at Streeters, MAKEUP: Emma Kotch at Streeters, STYLIST: Jonny Lichtenstein, MAN-ICURIST: Lucy Pickavance at Caren, PROP STYLIST: Angus Buchanan, TAILOR: Caroline Taylor at Chapman-Angus Buchanan. TAILOR: Caroline Taylor at Chapman-Barrell. C.OTHINO: Rolland Mouret wood-crepe top: net-a-porter.com. Max Maru Jersey pants; 212-879-6100. Phillips House black-diamond wire bracelet; cornelisjewelers.com. To get Thompson's look, try Neutrogena Healthy Skin Liquid Makeup SPF 20 in Nuls Manufaken Trulia. Nude, Nourishing Eyeliner in Cosmic Black, Crease Proof Eye Shadows in Lasting Taupe and Forever Platinum, Healthy Lengths Mascara in Carbon Black and MoistureSmooth Color Stick in Juicy Peach.



Cody_76 A taste of things to come.



Cody_76 8-ball, corner pocket!



Cody_76 I think I'll keep him.



RX NEVER LOSE YOUR EDGE.

No matter what stage you're in, never stop celebrating life. Grow up without settling down in the more connected, more agile, more seductive Lexus RX.



THE NEXT HAUTE COLORS: NOW YOU SEA ME (530)





COLOUR RICHE NAIL WHAT'S NEXT FROM PARIS



MATCH IT OR CLASH IT WITH YOUR OUTFIT:
DOWNLOAD OUR COLOR GENIUS APP
DISCOVER THE LATEST TRENDS, VISIT US AT
LOREALPARISUSA.COM/LASELECTION

Because you're worth it.™

L'ORÉAL®



ontents











notebook

21-33 | In our arts-and-entertainment mix: Melissa Leo on her "self-invention"; our critics pick the season's best entertainment events; Linda Yellin laughs about kale. Plus, 11 books to curl up with

stylebook/beautybook

35 | FASHION FOR GROWNUPS Plan to stay chez yous for the holidays? We've got the clothes that will keep you cozy-and still looking chic on Instagram

40 | THIS IS WHAT 43 LOOKS LIKE Lobbyist Heather Podesta on the products that help her game face last all day

42 | MASTER CLASS How to get a do-over for your sun-damaged hands BY NIKKI OSTASIEWSKI

46 | BEAUTY NEWS Sparkle at parties with a creamy lipstick and rich fragrance

second acts

49 THEY CREATED NATURAL WAYS TO HEAL BURNOUT A nurse and two real estate brokers channeled their stress into launching companies that make organic beauty products by LIZ LOGAN

work/moneu

54 | UNRETIRING, WITH PASSION For three executives, retirement meant taking a break to figure out new career paths. Discover how each woman's time off led to her next, best move BY ALISON OVERHOLD

people/places

60 | HEY, MOM, I'M HOME Six of her kids still lived with Jacquelyn MITCHARD and her husband. Then the three oldest moved back in. How she made room for her broad in her house and heart

bodu/mind

108 ARE YOU GETTING TOO MUCH MEDICAL CARE? Pap smears and other screenings can sometimes do more harm than good. How to prevent overtreatment by CHRISTIE ASCHWANDEN

age of enlightenment

120 | REACHING A SPIRITUAL PEAK After ascending Mount Sinai at daybreak with a group of pilgrims, atheist NINA BUR-LEIGH tunes in to a different kind of faith

in every issue

12 | THIS MONTH AT MORE

14 | EDITOR'S LETTER

talk to us! Four ways to send us your thoughts on this issue:

facebook.com/moremagazine

pinterest.com/moremagazine

SURVEY RULES NO PURCHASE OR SURVEY PARTIC-IPATION IS NECESSARY TO ENTER OR WIN. Subject Official Rules at www.surveygizmo.com/s3/989068/S stakes-Rules. The \$10,000 Reader Survey Sweepstakes bestakes-Rules. The \$10,000 Reader Survey Sweepstakes be-gins at 12:00 AM ET on October 1, 2013, and ends at 11:50 PM ET on September 30, 2014. Open to legal residents of the \$0 United States and the District of Columbia, 21 years or older. Sweepstakes is offered by Meredith Corporation and may be promoted by many of its publications in vari-ous creative executions online and in print. Limit one (1) centry per person and per e-mail address, per survey. Void where prohibited. Sponsor: Meredith Corporation. The 2013 \$10,000 Reader Survey Sweepstakes ends at 11:59 pm ET on September 30, 2013. Entries received before 11:59 pm. ET on September 30, 2013, will be entered into the drawing for the 2013 \$10,000 Reader Survey Sweepstakes. Entries received starting 12:00 AM ET on October 1, 2013, will be entered into the 2014 \$10,000 Reader Survey Sweepstakes.

INSTANT SKIN SMOOTHER ERASES THE LOOK OF LINES, PORES AND WRINKLES IN SECONDS



USE AFTER MOISTURIZER



PÉΔI

WIN \$5,000 FOR A FASHION-BEAUTY SPREE



WE WANT YOU to start the year with your best shoe forward (or designer handbag, anti-aging skin treatment, luxurious coat—the choice is yours!). If you "like" us on Facebook at more.com/winshopping any time from now to February 28, you can enter to win \$5,000 in cash to splurge on whatever needs updating in your closet or beauty cabinet.

NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules at www.more.com/winshopping. The \$5,000 Inspire Your Style Sweepstakes begins at 1201 Av CT on November 15, 2013, and ends at 11:59 Av CT on February 28, 2014. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older, Limit on of!) entry per person and per e-mail address and per Facebook. account per day. Void where prohibited. Sponsor: Meredith Corporation. This sweepstakes is in no way sponsored, endorsed or admin by or associated with Facebook. By entering, you understand that you are providing your information to Sponsor and not to Facebook

>>> WOMEN RUN THE WORLD: THE MORE/FITNESS WOMEN'S HALF-MARATHON

RUNNERS, ARE YOU READY? It's time to start training for the largest all-women's half-marathon in the country. Join readers, editors and thousands of women from around the world at the race, to be held in Manhattan's Central Park on Sunday, April 13, And don't forget to stop by the free two-day Health & Wellness Expo. beforehand on Friday and Saturday, April 11 and 12. Registration for the race sells out fast, so visit morefitnesshalf.com starting in January to reserve your spot. See you at the finish line!



SHOW US YOUR

WE KNOW you have an opinion about every page in the magazine. Now's your chance to vent-by taking our online survey. It's simple. After you've read this issue, just go to more.com/december-2013-survey and tell us what you thinkand enter to win \$10,000. Please note: Complaints are as welcome as compliments. Really! Because knowing more about your reactions-whether positive or negativeis what helps us make the magazine better. For rules, see page 10.





available at:
BLOOMINGDALE'S
BLOOMINGDALES.COM



LESLEY JANE SEYMOUR Editor-in-Chief



The gift of giving-really! WHEN MY KIDS were little and the holi-

days required a visit to that Hades of parenting otherwise known as Toys "R" Us, I prided myself on getting my shopping done early, by which I meant the first week of December. My smugness ended the year my younger sister. Beth, informed me that, yeah, she too liked finishing her Christmas shopping early-by which she meant in October! As I've grown older, I've come to realize that giving should not be an arena for sibling rivalry but rather a chance to match a treasured person with the most thoughtful of presents. So even though the More staff pored over thousands of items to find you the 50 fabulous gifts, \$50 and under, that start on page 86. I want to share

countered this year. They are great to give-to someone else or to yourself. » For the cook in your life: In my effort to eat healthy. I have become obsessed with the dishes of Yotam Ottolenghi, a chef who grew up in Jerusalem and is now the toast of London. In the cookbooks Jerusalem (coauthored with Sami Tamimi) and Plenty, he gives the freshest ingredients a gentle Middle Eastern twist, resulting in the most gorgeous and delicious meals I've ever made (for a visual taste, see my personal food photos at facebook.com/leslev.i.sevmour). His vegetable recipes are so good, my usually unadventurous family has embraced lentils, chickness and Swiss chard! I've also cooked my way through Every Grain of Rice by Fuchsia Dunlop, Once I located her five key ingredients (available at most Asian markets or by mail). I began turning out easy, fast, delicious Chinese food that keeps friends popping by, My husband. Jeff, found me the best wok at the Wok Shop in San Francisco (wokshop.com), »For the gardener: Sign her up for the newsletter from AWaytoGarden .com, a site that has turned my black thumb green. The site's genius proprietor is Margaret Roach, who was chosen by Martha Stewart as her magazine's first garden editor and who was the voice and brains of those pages for more than a decade. One source Margaret led me to is Sunshine Farm & Gardens (sunfarm.com), which offers a home-garden sampler (five each of 20 plants) that would make a fantastic gift for any novice or veteran. My favorite of the batch I received: SFG's famously beautiful hellebores. (You have to love people who are so passionate about plants. When I e-mailed the farm with a question, the owner, Barry Glick, helped me out.

with you the coolest items I've en-

then signed off by saving, "Take care of my babies!") Finally, for quick-butspecial stocking stuffers, load up on exotic flower and veggie seeds from SummerHillSeeds.com

»For the fitness buff: When I travel. I lose weight-but why? The mystery was solved when I started wearing Jawbone's UP wristband (available at iawbone.com and Best Buy's website and stores), which tracks the number of steps you take. Turns out that when I'm away from home, I ratchet up my activity-from 6,000 steps on a workday to, for example, 25,000 steps while seeing the sights of Arles. Duh! Jeff and I now compete to log the most activity (but he cheats by abandoning the car and walking everywhere-even out in the suburbs, where we live). UP also clocks your sleep cycles, and when you see the chart showing how much deep sleep you did or didn't get this week, it explains a lot about how energetic you do or don't feel. »For the beauty obsessed: I get to try everything that comes into More's beauty closet, so I'm no pushover-yet I was blown away this year by Giorgio Armani's Maestro Fusion Makeup, a foundation that's superlight but gives great coverage. From the moment you see how it just glides on, you know this product is fundamentally different. (No surprise that it won your hearts in October's Big Beauty Try-On.)

What amazing stuff did you discover this year that would make really special gifts? Please go to more.com/ coolgifts and share your ideas.

LESLEY@MORE.COM TWITTER.COM/PRADAGIRL47 FACEBOOK.COM/LESLEY.J.SEYMOUR



Aveeno. Active Naturals.

Healthy, beautiful skin begins with oat. In fact, it's the natural ingredient most recommended by Dermatologists to improve the health



2 weeks

Exclusive ACTIVE NATURALS® Oat Formula is proven to seal in moisture for healthier

SOOTHING OATMEAL



see the beautiful difference

healthier skin can make

daily moisturizing



"Award winning designer Tammy Kohl helps you customize your own private treasure."

WWW.TREASURERING.COM 800.480.6999

PLAN NOW FOR CHRISTMAS AND VALENTINE'S DAY

MORE[®]

LESLEY JANE SEYMOUR EDITOR-IN-CHIEF

Executive Editor JUDITH COYNE Creative Director DEBRA BISHOP

Managing Editor ILA STANGER Deputy Editor JENNIFER BRAUNSCHWEIGER Deputy Editor, Health NANCY STEDMAN

Beauty Director GENEVIEVE MONSMA Fashion Director JONNY LICHTENSTEIN Photo Director NATASHA LUNN

Features Editor/Entertainment SUSAN TOEPFER

Executive Features Editor NANETTE VARIAN Literary Editor CATHLEEN MEDWICK Senior Features Editor STEPHANIE VON HIRSCHBERG

Features Editor LAURA SINBERG Associate Editor LAUREN N. WILLIAMS Contributing West Coast Editor MARK MORRISON

Contributing Fashion Features Editor SUSAN SWIMMER Contributing Travel Editor SUSAN CHUMSKY

Associate Beauty Editor NIKKI OSTASIEWSKI Editorial Assistant MACKIE SIEBENS Contributing Editorial Assistant LAYNIE ROSE

Assistant to the Editor-in-Chief ALEXA KRAVITZ

FASHION Senior Market Editor SARAH LISITSKI GERRISH

ART

Senior Art Director JAMIE PROKELL Assistant Art Director FAITH STAFFORD Contributing Assistant Art Director LILIAN COHEN

Associate Photo Editor STEPHANIE SWANICKE Assistant Photo Editor GABRIELLE SIRKIN Contributing Photo Editor LIZ BROWN

RESEARCH Copy Chief MARY BETH PROTOMASTRO Research Chief BEATRICE HOGAN

PRODUCTION

Production Editor PAUL RODINA

Contributing Editors ALISON BAILES CHRISTINA BELLANTONI MELISSA CHESSHER SUSAN CRANDELL KATHRYN HARRISON SUZANNE BRAUN LEVINE EMILY LISTFIELD JACQUELYN MITCHARD SUSAN SPUNGEN

MEG WOLLTZER

Associate Web Editor CASSIE KREITNER

Editorial Business Analyst ANNA A. VARJIAN

Article proposals and unsolicited articles may be sent to the editors at more@meredith.com. More% magazine cannot proses unsolited manuscripts or art material, and we assume no spomshifty whatseever for their return. Postmaster: Send address changes to More. P.O. Bo. 37341. Bone, IA 50037-0341. © 2013 Meredith Corporation. All mights reserved. "More" is a trademark of Meredith Corporation. registered at the U.S. Patent and Trademark Office.

For SUBSCRIPTION HELP, go to more.com/myaccount or e-mail us at morecustsery@cdsfulfillment.com.

Our subscribers list is occasionally made available to curefully selected firms whose products may be of interest to you. If you perfer not to receive information from these companies by mail or by phone, place let us know. Send your request, along with your mailing label, to More, P.O. Box 37508, Boone, IA 50037-5058.







ANUSCHKAI Painted with Passion



866.403.1314 | www.anuschkaleather.com | f



read pro-retinol

Target those pesky reminders of tired skin with Pro-Retinol. After just one tube you'll see the difference energized skin can make on fine lines and wrinkles.



MORE

ALISON ADLER MATZ PUBLISHER

Associate Publisher/Advertising JULIE DEGARMO Executive Beauty Director GAIL KIM

Account Director MILLIE GERSTEIN Account Manager CAROLINE PAUL Executive Assistant to the Publisher TRICIA LEPING Sales Assistant OLIVIA SAPORITO

BRANCH OFFICES

Chicago | Midwest Director | CAROLINE KENNEDY Account Manager | MEREDITH ALENKY

Assistant HEATHER TWEEDS Detroit | Director | KAREN BARNHART Assistant KIM KITCHEN

Los Angeles | Director MOLLY WOOTTON Assistant TAMMI PERNOUD

San Francisco | Northwest Director AMY MACAULEY Assistant MICHELLE KWAN Southeast | Director LYNNE LINDSAY, L. LINDSAY & ASSOCIATES

Southwest | Account Director KIM LEWIS-GLEASON, SPARKFIRE MEDIA National Travel Director JODIE BURLOG SCHAFER Business Director RON CLINGMAN Advertising Operations Manager MARCIA PERSON Associate Consumer Marketing Director BILL WOOD

Senior Production Manager MELANIE STOLTENBERG Newstand Manager DAWN ANGUS Advertising Business Manager STEPHANIE RABBANI

ADVERTISING SALES OFFICES

New York 212-551-7043; Chicago 312-580-1613; Los Angeles 310-689-1629 San Francisco 415-249-2343; Detroit 248-205-2571; Atlanta 770-552-0202; Travel 212-499-6727

> MARKETING DEPARTMENT Marketing Director ANN DUDLEY BAIRD Creative Director HEATHER M. SEARS

Merchandising and Events Director CHRIS A. MANCIVALANO Merchandising Manager MELANIE SCHEER Special Projects EVELYN SCHMIDT Marketing Assistant BRIDGETTE FOSSEL

> Research Manager DARCY WILSON Senior Publicity Manager MEGAN LEVINSON

Prepress Desktop Specialists DAVID SWAIN, BEN ANDERSON,

DON ATKINSON Quality Technical Director DAVE WOLVEK

MEREDITH NATIONAL MEDIA GROUP

President | TOM HARTY

EXECUTIVE VICE PRESIDENTS President, Media Sales RICHARD PORTER President, Better Homes and Gardens JAMES CARR President, Parents Network CAREY WITMER President, Women's Lifestule THOMAS WITSCHI President, Meredith Digital JON WERTHER Chief Marketing Officer NANCY WEBER

Creative Content Leader GAYLE GOODSON BUTLER

Chief Revenue Officer MICHAEL BROWNSTEIN Chief Innovation Officer JEANNINE SHAO COLLINS General Manager MIKE RIGGS Director, Operations & Business Development DOUG OLSON

SENIOR VICE PRESIDENTS

Chief Technology Officer JACK GOLDENBERG Chief Digital Officer ANDY WILSON Digital Sales CAROLYN BEKKEDAHL
Research Solutions BRITTA CLEVELAND

VICE PRESIDENTS Consumer Marketing JANET DONNELLY Corporate Marketing STEPHANIE CONNOLLY Corporate Sales BRIAN KIGHTLINGER
Direct Media PATTI FOLLO Brand Licensing ELISE CONTARSY

Communications PATRICK TAYLOR
Newsstand MARK PETERSON



Chairman and Chief Executive Officer STEPHEN M. LACY President, Meredith Local Media Group PAUL KARPOWICZ

Vice Chairman MELL MEREDITH FRAZIER IN MEMORIAM | E.T. MEREDITH III, 1933-2003

energized skin is younger looking skin.



REGENERIST



the latest from regenerist

As skin ages, it loses energy, leaving skin looking tired. Wake it up with Olay Regenerist. Its skin-energizing complex penetrates skin 10 layers deep, revving up surface cell regeneration. So all you see is younger-looking skin.

Love the skin you're in™





Notebook CULTURE FOR CLUED-IN

"I DIDN'T DO
THIS
BECAUSE
I WAS
IN MY
SIXTIES.
I JUST
HAPPENED
TO BE
IN MY

ON HER HO-MILE SWIM

FROM HAVANA

TO KEY WEST

PERCENTAGE OF AMERICANS who sleep with a pet, the highest

proportion among six countries surveyed by the National Sleep Foundation. We also use the most pillows.

NOT SURVEYED: How many of us use our pets as pillows.

--

WOMEN

AFTER SO MANY NAILS IN MY COFFIN, I'M STILL STANDING I FEEL LIKE I'M BULLETPROOF.

--

CYNDI LAUPER, WHO THIS YEAR BECAME THE FIRST FEMALE SOLO ARTIST TO WIN A TONY FOR BEST SCORE (FOR HER BROADWAY HIT KINKY BOOTS)

/ Sibling Revelry /

THE BOTSWANA COURT OF APPEAL UPHELD THE RIGHT OF EDITH MMUSI, 80, AND HER THREE SISTERS TO INHERIT THEIR FAMILY HOME.

DECLARING THE CUSTOM OF MALE-ONLY INHERITANCE UNCONSTITUTIONAL

GIVE US THEIR ADDRESS AND WE'LL SEND THE PROUD LANDLADIES A FREE SUBSCRIPTION TO MORE.



> GORGONIAN CORALS, WHICH SEEM TO THRIVE ON REEFS WHERE OTHER CORALS HAVE BEEN REQUICED BY CLIMATE CHANGE. (BONUS POINTS: THEIR PROTECTIVE CANOPY SHELTERS SMALL FISH AND OTHER AQUATIC LIFE.)



DOUBLE BONUS POINTS FOR EVEN KNOWING WHAT GORGONIAN CORALS LOOK LIKE.

"LIFE DIVIDES INTO

AMAZING ENJOYABLE TIMES

APPALLING EXPERIENCES THAT WILL MAKE FUTURE AMAZING ANECDOTES

BRITISH JOURNALIST **CAITLIN MORAN**'S ADVICE TO HER OAUGHTER ON THE EVE OF HER 13TH BIRTHOAY / Brave New Word /

GY•NO•TI•CIAN

(noun)

A politician who feels more qualified than women and their doctors to make women's health care decisions.

/ Period Peace /

UNIVERSITY OF WASHINGTON ART STUDENTS
HAVE DESIGNED A TINY HUMAN-TRAFFICKING-HOTLINE
FLIER THAT WILL BE HIDDEN IN BOXES OF FEMININE
HYGIENE PRODUCTS AND DISTRIBUTED TO AT-RISK WOMEN.





Melissa Leo

Her HBO hit Treme begins final episodes December I. Hove playing a woman [lawyer Toni Bernette] who is great at her job but not as a wife and mother.

She also shot six movies in 2013 and won a Guest Actress Emmy for Louie. The delight of my work is that it requires me to change with every morning I wake up.

- Life's work I always knew that acting was what I had to do. When I was a kid, I worked with puppets, and after college I survived by performing on New York City streets-I danced on stilts. My break came when I was cast as a bad girl on All My Children.
- Her Oscar for The Fighter That real-life mother of nine was the part of a lifetime. I found a lovely antique case for my golden boy and his buddy, the SAG Award, to live in.
- Still figuring it out My own self-invention has been inordinately slow. Here I am, 53 years old, yet in other people's paradigms I might be in my twenties. But I love constantly learning about myself.
- Maternal pride My son is my best accomplishment. There were some tough times. When he was nine months old, his father [actor John Heard] and I got involved in a custody battle that was fought for over 10 vears. I had to learn to be OK with separation from my son. He's 26 now, and even though we live on different coasts, we have a very close relationship.
- Keeping calm When I was on the set of The Fighter, Amy Adams took me to a yarn shop, and now I've taken up knitting. Knitting is a great way to take your mind off things. One of the crew guys gave me a sticker: I KNIT SO I DON'T KILL PEOPLE. That kind of says it, doesn't it? -DAVID HUTCHINGS



GILDED AND GIFTE

A SUMPTUOUS COLLECTION OF BRIGHT HOLIDAY TREASURES NEW GLAMOUR EYE & LIP PALETTE AVAILABLE NOVEMBER 2013 JANEIREDALE.COM

jane iredale

/ Don't-Miss Movies, Music & TV /

November 21

Carole King's evolution from teen composer to superstar is winningly told in a new Broadway show. With a strong story and cast (Jessie Mueller. right, plays King), it looks like a solid-gold hit.

A mild-mannered chemistry teacher (Bryan Cranston, near right) becomes a meth chef. then a drug lord, in AMC's riveting study of evil and self-deception, now available in a deluxe Blu-ray edition

November 29

Idris Elba, near right, stars as the antiapartheid crusader in a film ending with his 1994 election as president of South Africa Naomie Harris is a force as Mandela's strong-willed wife Winnie

December 3-January 2

The Royal Shakespeare Company sends its production, starring David Tennant (Broadchurch), right, from its Stratfordupon-Avon stage to U.S. movie theaters. For local information, go to onscreen.rsc.org.uk.

When the son she surrendered for adoption shows up as an oafish adult, a Broadway diva (Kirstie Alley, near right) turns to booch and her handlers for help. This brash, amusing TV Land sitcom reunites Alley with her former Cheers costar Rhea Perlman.

Holiday entertainment: Our 10 best picks





SIX BY SONDHEIM









LIVE FROM STRATFORD



LABOR DAY





December 9

In this HBO documentary, Stephen Sondheim reviews his life while America Ferrera, left. and other stars artfully frame his insights with six of his songs.

December 25 Meryl Streep scorches the screen as a pill-popping, poisonous mom clashing with her daughter, a startlingly good Julia Roberts (with Streep, left), in an adaptation of the Pulitzer Prize-winning play.

December 25 Sexual tension explodes between an escaped con (Josh Brolin) and the emotionally damaged woman he kidnaps (Kate Winslet, with Brolin, left) in a thriller adapted from Joyce Maynard's novel.

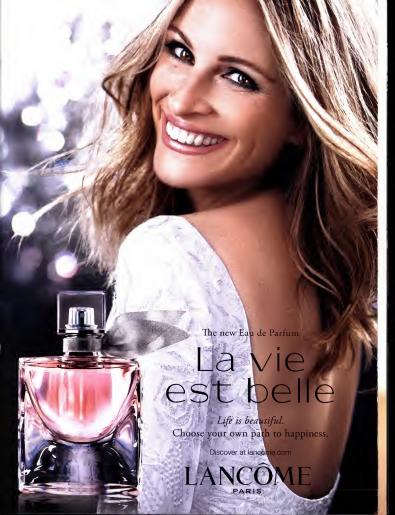
December 25

Raiph Fiennes bursts with energy as Charles Dickens while Felicity Jones (with Fiennes, left) brings understated eroticism to the role of his young lover in a film Fiennes also directs

January 14

Roaming from Colonial Virginia to the Depression-era South and beyond on her new album, Cash, left, offers 11 exquisite character studies, such as the folk rocker "Etta's Tune. an intimate portrait of an enduring marriage

-BY ALISON BAILES, BEN FONG-TORRES, HOLLY GEORGE-WARREN AND SUSAN TOEPFER





| Eau de Parfum Spray | 2.5 Fl. 0z. | \$98.00 |
|--------------------------------------|-------------|---------|
| Eau de Parfum Spray | 1.7 Fl. 0z. | \$78.00 |
| Eau de Parfum Spray | 1.0 Fl. 0z. | \$58.00 |
| Nourishing Fragrance- Body Lotion | 6.7 Fl. 0z | \$45.00 |
| Invigorating Fragrance- | 6.7 EL 01 | \$42.00 |

All prices are suggested retail

La vie est belle

Life is beautiful.

Choose your own path to happiness.



LANCÔME

La vie est belle

Life is beautiful. Choose your own path to happiness.



Discover at lancome.com

LANCÔME

NOW AVAILABLE!

FREE FOR YOU!

In every digital issue of Mores, you'll discover inspiring stories of women who make the world a better place, beauty tips to help you look fabulous for your age, reinvention advice to help you discover and pursue your passions, simply everything you need to live a happy, more fulfilling life.



WOEAFL

Find out how you can try your first issue FREE!

Visit More.com/tryitfree

Now with all the benefits of your hassle free automatic renewal guarantee.



Apple, the Apple logo and mad are mademarks of Apple stor, registered in the 0.5, and other countries. Applications a service mark of Apple inc

THE OTHER DAY I went out to buy potato chips. This is not something I'm proud of, but it happens. What stopped me in my tracksuit was tripping over a big display of kale chips. And not just plain old kale chips, but chips in flavors like Bombay curry, zesty nacho and a scary-sounding one called mango habanero.

What the kale is going on? Wasn't kale that leafy green vegetable that nobody ate because it's hard to wash and tastes like rubber? I paused in the produce section to ask myself. Where do these trendy foods come from? One day we're happy with iceberg lettuce, the next we're ordering field greens. My caramel is salted; my

water is smart; my milk is milk free. And just who started pulling all the pork?

I asked a woman who was loading up on goii berries how they tasted.

"Like crapherries but not as good," she said. "So why do you buy them?"

"Dr. Oz recommends them." Who can argue with that? I bought some, too, while ignoring the acai berries. They are so last year.

In the dairy aisle, I commiserated with another woman as the two of us pondered the yogurt options. Greek this. Greek that. Strained, Thick, Probiotics,

"It's harder than buying a bra," the woman said.

These hot items from the food world don't just show up on the grocery shelf; they explode into our lives. Suddenly, it's kale in your face 24/7. Good-bye, olive oil. Hello, coconut oil. Me? I'm still mourning orange roughy. There was a time you couldn't open a menu without an orange roughy special. But somewhere along the way. wild salmon kicked its ass.

I want to keep up with all these trends. Apparently, they can make me younger, healthier and smarter and remove my oxidants. But I'm exhausted. It was much easier when I was a kid. My mother slapped down a plate of meatloaf and said, "Eat it." No questions asked.

On my way out of the grocery store, I passed a lonely iceberg lettuce. I patted it on its head. Then I bought some potato chips. -LINDA YELLIN

/ Twerk That! /

HOW TO sound hip at those holiday parties

BAFFLED BY what the younge guests are talking about? This crib sheet can help you fake your way through almost any conversation with the 140-characters-or-less set.

Big Sean. Detroit rapper endorsed by Kanye West. If Kanye likes him, you like him, too.

Totes obvi. Just how much time can we save by not saving "totally obvious"? Instagram, Originally designed for quickly sharing photos, this free app is now a popular way to create vintage pictures. Let's get this straight: Senia is cool?

BuzzFeed, Website with constant news feed and editorial based on the Web's latest viral posts. The modern-day version of "Hey, man, what's happenin'? Winklepickers, Shoes with extremely pointed toes. Count me out: I prefer to ruin my feet with stilettos. Polar baring. Taking pictures of yourself lying naked in snow, then post-

ing them online. (Talk about holidays on ice!) Twerking, A bouncing dance style that causes your butt to jiggle. Also known as: forgetting to wear your Spanx. Snanchats, Photos meant to disappear quickly. (Isn't that how we feel about most of our photos?)

If this glossary doesn't do the trick, just nod your head and say, "Awesome! Pass the eggnog." -L.Y.

/ Joyful Noises /



Meow-along!

THE PERFECT GIFT for Fluffy and family; the season's top tunes from a feline point of view in Catmas Carols and Hanukcats (Chronicle Books).

OH, CHRISTMAS TREE

Oh, Christmas Tree! Oh, Christmas Tree! Your ornaments shine temptingly. I want to whack them with my paw

And grab them when they hit the floor.

YOU HAVE A LITTLE DREIDEL

You have a little dreidel With which I'd like to play.

The minute you're not looking, I'll spirit it away.

this is big.

this is the start of something new.
this is our first hot cereal.
this is a unique multi-grain blend with
quinoa, oats, wheat & barley.
this is made with superfoods
that make every calorie count.
this is about eating right, not less.
this is something you deserve.



/ Crossroads /



OUT OF THE WOODS: A MEMOIR OF WAYFINDING by Lynn Darling (HARPER)

How not to be lost

AFTER HER only child leaves for college, Darling, more than 10 years a widow, moves alone from Manhattan to a small house in the Vermont woods and sets about trying to reorient herself. The themes of getting lost to find yourself and of fixing a house to repair your soul may not be new, but Darling's memoir navigates the geography of loss with a fresh, lush beauty. Eventually her philosophical meditations on lostness give way to literal lessons in compass and map as Darling learns to negotiate the woods around "Castle Dismal" (as she semi-fondly nicknames her house) and steer a course through the crossroads of streambed and bridle path, of motherhood and whatever comes next. Other characters join her in this journey of middle age-among them a bounding puppy, an aging mother and an oncologist-but this is really a book about solitude, with Darling's ironic wit (often directed at herself) cutting a sharp path through the wandering richness of melancholy. Direction does come, blazing a trail from empty nest into the fullness of an entire lost-and-found life. - CATHERINE NEWMAN

BLIPP THIS PAGE to buy books reviewed.

DESTINED FOR greatness, terrified of mediocrity, O'Connor was not quite 21 when she began this recently discovered journal. The entries, addressed to Gold, have a young lover's urgency-rhapsodizing, wheedling, deal making. She craves artistic mastery and is desperate to get close to the divine, two congruent ambitions. Her perceptions often dazzle: "Dear God, I cannot love Thee the way! want to. You are the slim crescent of a moon that I see and my self is the earth's shadow that keeps me from seeing all the moon." What we see in these pages is a writer on the cusp of creative achievement, a pilgrim with a fierce and hungry heart—LATMIFENDEWIKE.



A PRAYER JOURNAL
by Flannery
O'Connor, edited by
W.A. Sessions
(FARRAR, STRAUS
AND SIROUS)

/ Breaking Away /



Uncommon women

TWO LIVES are entwined in Sue Mank Kidd's The Invention of Wings (Viking), a searing historical novel set in 19th-century Charleston, South Carolina, at the height of antebellum certainty that slaveholding is sanctioned by God. The remarkable Sarah Grimké, whose character is based in part on an actor is based in part on an actor is based in part on an actor is described.

urban slave who is wrapped in a lavender ribbon and given to Sarah as her 11th-birthday present, are both imprisoned by the circumstances of their birth. As the decades roll by, these two women's relationship with each other grows more complex while the culture shape-shifts around them. Their bold individual quests for independence (If you must err, do so on the side of audacity. Sarah instructs herself) are explored by Kidd in exquisitely nuanced language that makes this book a page turner in the most resonant and satisfying of ways. - ELAINA RICHARDSON

/ The Vision Thing /



FOR THE BENEFIT
OF THOSE WHO SEE:
DISPATCHES
FROM THE WORLD
OF THE BLIND
by Rosemary
Mahoney
(LITILE, BROWN)

Stop, look, listen

ACCIDENTALLY WHACKED with a racket during a college squash game, writer Rosemary Mahoney temporarily lost vision in one eve-and became terrified of blindness. More than two decades later, a magazine assignment takes her to Braille Without Borders, the first school for blind children in Tibet, where the condition is considered a curse. The guts and grace of the school's founder, a blind German woman named Sabrive Tenberken, and the confidence and capability of the kids who've been liberated from bleak lives force Mahoney to confront her preconceptions. She's inspired to study attitudes toward the blind and to teach English at Braille Without Borders' school for adults in Kerala, India. The students, funny, touching and admirable, transform Mahoney and delight us. Her research is fascinating, her self-scrutiny refreshing and her prose just the right kind of gorgeous. In this wonderful book we discover along with the author that both sight and its absence come with burdens-and beauties. -JUDITH STONE

10% off all holiday cards MORE2013 EXPIRES 12/31/2013

minted.

Truly original design.

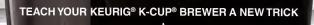
As always, printed on thick luxe paper.





ART PRINTS HOLIDAY CARDS PARTY DECOR CALENDARS

Sourced from a global community of independent designers. Available at www.minted.com







NOW YOUR KEURIG® K-CUP® BREWER CAN MAKE DELICIOUS MOCHA LATTES, CAPPUCCINOS AND CARAMEL MACCHIATOS.

For the love of form at home visit Gevalia.com

GEVALIA KAFFE

ON SUCH A FULL SEA by Chang-rae Lee (RIVERHEAD)

All for love

"A TALE, like the universe . . . expands ceaselessly each time you examine it." explains the sly first-person-plural narrator who tells the riveting story of Fan, a young woman who has an unlimited capacity for "understanding and trusting the improvisational nature of her will." The setting is America, circa 2100. The Chinese are in the majority, having taken over the towns: environmental calamity has forced all food production indoors; and

ever since the outlawing of domestic animals (to prevent disease), one member of the elite-a group that's still largely Caucasian-makes another person sleep next to her bed like a dog. And yet, for all the apparent differences from



life as we know it, there is no denying that Lee's brilliantly rendered dystopia resembles our America: not the future we fear but the present we often deny. When Fan unceremoniously walks out of her work camp in search of her boyfriend/her brother/her limits/herself, she rattles the group-mind right to its shaky foundations, becoming, at least temporarily, a flash of hope, something that "lights our way through this ever-dimming world." -PAM HOUSTON

/ Fan Fare /

ALIFF OF BARRARA STANWYCK: STEEL-TRUE. 1907-1940 by Victoria Wilson (SIMON & SCHUSTER)



A star is made

FRANK CAPRA called her "a primitive emotional." Indeed, Stanwyck possessed an Irish temper, two Boston bull terriers and an ardor for boxing. This first installment of a two-volume biography jumps off from the actress's hardscrabble Brooklyn childhood, then tracks her metamorphosis from supper club hoofer to popcorn Venus in such red-hot '30s hits as Stella Dallas and Baby Face. Wilson's lavishly detailed book surges with hard-knocks stories and punchy Hollywood anecdotes about, among others, her frequent director Capra and her tippling first husband, vaudevillian Frank Fay. The trajectories of the couple's careers-he tumbles while she rockets-read like something out of A Star Is Born, one weeper Stanwyck never made. Instead, she lived it. - JAN STUART

/ Wedded Blitz /



THE MARRIED KAMA SUTRA: THE WORLD'S LEAST EROTIC SEX MANUAL by Simon Rich and Farley Katz (LITTLE, BROWN)

Laugh-rodisiac

WHAT'S YOUR POSITION on sexual positions? The Kama Sutra, that ancient sourcebook, favored the intricate, offering such challenges as the lotus blossom, the crouching tiger and the sphinx. The long married, however, may find more satisfaction in this not-sosexy but quite hilarious volume. Sample position: "When the man travels to a sporting event with other men, and the woman, in his absence, takes a long, hot bath and drinks wine out of a box, it is called 'a moment's peace." - JUDITH COYNE



KAFFE



DW80F800UWS

Create a kitchen showcase worthy of your finest culinary delights. The stand-out design and performance of the newest Samsung kitchen suite of appliances will please the eyes as much as the palette.

SAMSUNG

/ Happiness Lessons /

Mothers and others

THESE TWO WRITERS, both born in 1963 and scarred by troubled childhoods, grew up to be women who use words to understand themselves and the world. Both also became "literary" writers who take commercial assignments from magazines, for pay, And now both have collected those pieces into freeform memoirs that are being released at virtually the same time. Both books focus closely on family, work and what it means to love. And both are deenly captivatingly good.

The writers' perspectives, however,

PLAYING HOUSE: A RELUCTANT by Lauren Slater

are radically different. Even when her heart is breaking-for instance, as she describes the decline and death of her beloved grandmother-Patchett radiates pleasure in life and passionate engagement with the world. Slater, who battles mental illness and describes herself as "brooding and acerbic and self-consumed," inhabits a darker place. Her writing is often breathtaking ("I was still stuck in the sliver-stone of my moon and marriage"), but you wouldn't want to be her. Remarkably, both women find their way to happiness,

Compilations like these inevitably lack the driving narrative of a book intended as a full-length memoir, but that's also their appeal. Short, very rich chapters invite slow savoring. They form, as Patchett says of the short story, "a handful of glorious pages that take you someplace you never knew you wanted to go," -CAROL MITHERS

/ Reality Check /

ANDREW'S BRAIN by E.L. Doctorow (RANDOM HOUSE)



Trying for truth

ANDREW, a professor of cognitive science who describes his soul as "an emotionless, calm cold pond of silence," tells his story to a mysterious interlocutor (a shrink?) in this evocative, suspenseful novel about the deceptive nature of human consciousness. If Andrew is to be believed, he accidentally killed his child, lost his first wife in a tragic accident and, after an affair with an ill-fated student, joined a shadowy post-9/11 Washington think tank. As this contentious. paranoid (or frighteningly astute?) character suffers his way to clarity, he comes to mourn lost love, finding a semblance of sanity in an insane world. - KRISTY DAVIS



NOTES OF

MOTHER

(BEACON PRESS)

BLIPP THIS PAGE to buy what you see.

THIS IS THE ORY OF A HAPP

MARRIAGE by Ann Patchett (HARPER)

We'll have what she's having

CAN A reeling-toward-40 Web reporter find love by taking a cue from the leads in Sleepless in Seattle and other Nora Ephron romantic comedies? In What Nora Knew (Gallery Books), a buoyant second novel by More contributor Linda Yellin, the resourceful heroine, Molly Hallberg, gives it a try. The author slips in scenes from some of her quirkier More assignments (learn to dance like a Rockettel Tour New York City with a concealed vibrator!). But what will really keep you smiling are such sly observations as "There's nothing like spending a Saturday night in a laundry room to underline you've screwed up your love life." -SUSAN TOEPFER



Samsung RF32FMQDBSR shown

Introducing the next generation Refrigerator.

Unique four-door design, with room for 32 bags of groceries1, and the most fresh food capacity in its class.2

A Convertible Zone that can change from refrigerator to freezer and back. so you're never out of space.

Our exclusive Triple Cooling system maintains up to 4x higher humidity levels, keeping food fresher longer,3

Custom stainless steel resists fingerprints to keep your kitchen beautiful.

1. One bag of groceries is equivalent to 1 cubic foot; actual capacity is 31.7 cu, ft,

2. Fresh food capacity compared to current Samsung products.

3. Humidity levels compared to Samsung mono-cooling refrigerators.





This is her life.

And this is her gift. Celebrating every moment, bead by bead, story by story.

Find a retailer and see the newest designs in the collectible fine jewelry crafted by artists, created by you.

Trollbeads.com - Facebook.com/TrollbeadsUS

Every story has a bead™

TRALLBEADS

THE ORIGINAL SINCE 1976

Stylebook FASHION FOR PORTUGUES OF THE P



RSVP "NO!" A stylish way to stay home for the holidays

SQUEEZING INTO A COCKTAIL DRESS EVERY NIGHT GETS ANNOYING. HERE, OUR NO-SNUGGIE GUIDE TO CHIC AT-HOME DRESSING

-> 'Tis the season to lounge around in clothes that are cozy and comfortable but fashionable enough so that a surprise pop-in from the neighbors or photo on Instagram won't have you cowering in the kitchen. Wendi McLendon-Covey. star of ABC's The Goldbergs and the soon-to-be released film All American Christmas Carol. gets it just right.

TOMMY HILFIGER
angura blend socater, \$129;
212-223-1824. HELMUT
LANG jersey skirt,
1895; helmutlang.com, CH
CAROLINA HERRERA
gold-toned bracelet, \$110;
310-276-8900. SETHI
COUTURE 14k pink-gold
and white gold diamond
bracelets, price on request;
sethicouture.com, 3)

PHOTOGRAPHED BY Micaela Rossato







Have laptop, will shop



BUY LAST-MINUTE gifts (or splurge on yourself; we won't tell) at shooit tome.com. The site features merchandise from 150 online retailers (including the likes of Bloomingdales.com and Bluefly.com) and tells you when the things you want are on sale in a particular size.

Meet your new on-trend shoe

ALL THE RAGE this season: the D'Orsay flat, a ballet-loafer hybrid that makes for a kicky slipper. JESSICA SIMPSON patent smoking slippers, \$69; macys.com.



FIRESIDE STYLE

LOOK FOR FACE-FRAMING NECK-LINES AND FEATHERY SLIPPERS



Elevate your trusty crewneck with soft cashmere patches and a (removable) collar. ALICE + OLIVIA cashmere sweater with cotton collar, \$297; aliceandolivia.com.



How tense could a family dinner possibly get when you're wearing feathered mules? Exactly. LADOUX terry slippers with marabou feathers, \$35; ladoux.net.



A dramatic cowl collar and three-quarter sleeves take a black basic from bah humbug to brilliant. ABI FERRIN La Perla knit blend dress, \$335; abiferrin.com. >>





YOUR PURCHASE OF

Offer rold from 17/2/13 through 12/2/13 to Bounno Republic Factory Stores in the U.S. (including Destri Stoc) and Canada only, Dissouri is allocated errors from the West rold in the Canada of the

SAVE UP TO 50% OFF OUR EVERY DAY LOW PRICES!
See more at bananareaublic.com/foctorystore

BANANA REPUBLIC



MO20





Idea from the Runway WEAR PAJAMAS ALL DAY --For a decidedly luxe-but-lazy

For a decidedly luxe-but-lazy daytime look, mix sleepwear with loose knits—just as Marc Jacobs, trendsetting designer at Louis Vuitton, did on the fall rurway.

The modern alternative to the holiday sweater

LAYER a hint of shine over jeans, jammles or your best black pants. L'WREN SCOTT FOR BANANA RE-PUBLIC sequined cardigan, \$98; bananarepublic.com.



COUCH COUTURE

EVOKE PAJAMAS WITH LOOSE CUTS AND SLIPPER-LIKE SHOES



when your best are barking, ease into velvet shoes dotted with tiny French bulldogs that can be worn Indoors or out. C. WONDER velvet slipper loafers with 14k gold-plated studs, \$158; evonder.com.



roomy cardigan (more pudding, please), with an attached scarflike detail. LEMLEM wool jacket, \$248; lemlem.com. HELMUT LANG modal and cotton top, \$140; helmutlang.com.



Silk drawstring pants are more playful when trimmed with anklegrazing pompoms.FIGUE silk: pxmts, \$150; figue.com. \$



new

BEAUTY BREAKTHROUGH

HAIR REMOVAL LASER PRECISION

The leader in home laser hair removal. Tris has done it again with the Hair Removal Laser Precision. Ergonomically designed for small, sensitive areas, say goodbye at last to shaving and waxing. FDA-cleared for home use, Tria Laser Precision delivers permanent results, just as you'd expect from a professional laser clinic.

tria.

SEE BEAUTY IN A NEW LIGHT®

FOR AN EXCLUSIVE OFFER TRIABEAUTY.COM/MORE

Beautybook MAKE THE MOST OF

YOUR LOOKS



THISIS WHA OOKS

LOBBYIST AND LAWYER HEATHER PODESTA PERSUASIVELY PRESENTS HER TOP CAREER AND AGING-WELL ADVICE

ON HER CAPITOL HILL CAREER

"Most girls don't grow up saying, 'I want to be a lobbyist!' I never anticipated having the largest womanowned government-relations firm."

ON HER THREE CAREER MANTRAS

"You're only as good as your last 15 minutes. No job is too small not to do well. Always, always pay at-tention to detail."

ON MAKING HER DISTINCTIVE STYLE WORK "I didn't really discover fashion until my early thirties. Today I follow certain rules: only one piece of jewelry, nothing too short or low-cutand tailor everything. And I do love a five-inch heel, preferably Prada,"

ON HER TWO BEAUTY MUST-HAVES "I need to have my game face on

and have it last all day. I'll often run from a meeting to a work lunch to Capitol Hill to a dinner, Make Up For Ever Aqua Rouge Lipstick No. 11 [\$24; sephora.com] stays put-and Aveda Blue Malva Shampoo [\$32; aveda.com] keeps my salt-and-pepper hair looking fresh." *

AS TOLO TO NIKKI OSTASIEWSKI

PHOTOGRAPHED BY Melanie Acevedo







euphoric

ouphoria Calvin Klein

experience euphoria men 🕨

eupharia pravacative sexy, sensual.

a cantrast of exatic fruits, seductive black archid and a rich, creamy signature

euphoria collection

| September | Sept

eupharia men

provacative, masculine, sexy, freshness with a sexy signature of suede and woods



YOUR GIFT*

this sleek duffle for him or stylish tote for her is your gift with the purchase of any large spray from the Colvin Klein men's or women's frogrance collections.

*limit one per customer while supplies last offer not valid on gift set purchases

euphoria Calvin Klein



YOUR GIFT*

this sleek duffle far him ar stylish tate for her is your gift with the purchase af any large spray fram the Calvin Klein men's ar wamen's fragrance collections

*limit one per customer, while supplies last offer not valid on gift set purchases

euphoria Calvin Klein



WINES MADE BY WOMEN

At MORE Uncorked with Women of the Vine, we don't just select wines; we select wines made by outstanding women winemakers and proprietors.

MEET SOME OF OUR VINTNERS:



AMELIA CEJA, Ceja Vineyards Ceia Vinevards is an ultra premium Latino family owned winery in the Napa Valley. It was founded in 1999 by Amelia. Pedro, Armando and

Martha Ceja - first generation Mexican-American immigrants. Embracing both her Mexican heritage and American home. Amelia combines the best of what she finds in food and drink, tradition and innovation. "As a minority cellar, we are shaping the wine industry," explains Amelia, who was honored as the "most outstanding female leader, innovator and visionary in the wine field in the North Bay" by North Bay Business Journal at its 2008 Women in Business gala.



KATIE MADIGAN. St. Francis Winery & Vineyards Katie strives to create wines that are enjoyable, balanced and memorable. She fondly remembers her first bottle of

St. Francis wine, a gift from her parents on her 21st birthday. It was a magnum of Cabernet Sauvignon, and she still has the empty bottle. "That was a special memory for me," Katie says. "I want St. Francis to be the wine people remember." As a St. Francis Winemaker, Katie continues St. Francis' long tradition of creating high quality wines from 100% hand-picked Sonoma County grapes.



KATHLEEN INMAN Inman Family Wines Napa Valley native Kathleen Inman began Inman Family Wines in 2000 when she planted Olivet Grange Vinevard.

When she began making her iconic wines, it provided an opportunity for her to meld her passion for Pinot Noir and what she calls her "eco-ethics" - sensitive farming. natural winemaking and environmentally responsible business practices. Since Kathleen's first small vintage in 2002 she has been an ardent supporter of noninterventionalist winemaking practices. leading the movement towards more subtle, nuanced wines with a sense of place.



JOIN MORE UNCORKED

- · Offers a "virtual tasting room" experience
- · Provides access to wines not available in store · Includes exclusive benefits for club members

Choose from three levels of membership:

- Bottles per quarter: \$100 (plus \$14.95 S&H)
- Bottles per quarter: \$150 (shipping included)
- 9 Bottles per quarter: \$300 (shipping included)

Find out more and join at MoreUncorked.com

GIVE THE GIFT OF WINE this holidau season

A membership to MORE Uncorked is a wonderful holiday gift that keeps on giving throughout the year.

Read about all our vintners at MoreUncorked.com









Do-Cver for SUN-DAMAGED HANDS

WOULDN'T YOU LIKE HANDS THAT LOOK AS YOUNG AS YOU FEEL? WE SET OUT TO SEE HOW MUCH A TOP MD COULD IMPROVE SPOTS, SAGGING SKIN, ETC. HERE, AN OVERVIEW OF THE LATEST OPTIONS. PLUS ONE AMAZING MAKEOVER >> Bu Nikki Ostasiewski

> EMILIE PALEF, 69, has always been diligent about skin care, and she's pleased with the way her face is aging. "But I never used SPF on my hands, so now they don't match my face," she says. We enlisted Adam R. Kolker, MD, a Manhattan plastic surgeon, who brought the latest treatments to bear.

HELP FOR SLACK SKIN AND PROMINENT VEINS

Both conditions can be targeted with one treatment; an autologous fat transfer. In simpler terms, this means excess fat is removed from another area-typically the stomach-yia a tiny incision. The fat is then injected into the hands' dorsal (nonpalm) side; this plumps the hands and pulls slack skin taut, making veins and bones less obvious. The procedure requires a small dose of local anesthesia (comparable to what you'd get for a colonoscopy) and costs \$6,500 to \$8,000. Most patients require just one transfer, but in rare instances a second injection may be necessary. Ideal candidates are healthy nonsmokers who are not significantly overweight.

Synthetic or hyaluronic acid fillers can also be used as plumpers, but

*The "after" photo of Emilie Palef's hand was taken eight weeks after treatment. Neither photo has been retouched.

THE WORLD'S BEST CONCEALER YOU'VE NEVER SEEN.

A master of disguise, bareMinerals Correcting Concealer glides on seamlessly, blending into skin to hide every imperfection. More than a concealer, our luxuriously creamy, skin-caring formula contains Lemon Peel Extract, a botanical skin brightener, to correct the appearance of dark spots and discolorations for a radiant, even-toned complexion.

Not seeing is believing: try it today at participating retailers.

bareMinerals

bareMinerals boutiques | Sephora | Ulta | Impulse Beauty at Macy's | Nordstrom | Dillard's | QVC bareMinerals.com



Apple Stem Cell Technology helps strengthen hair during the critical growth phase

Essential fatty acids nourish hair from the inside to improve

ColourCare Complex protects hair from UVA/UVB

Free of color stripping sulfates, sodium chloride and parabens

FOR SALON COLOR, CARE AND STYLE, ASK YOUR HAIRDRESSER FOR ALOXXI.

he Salon, Marco Pelusi Studio, Salo dirvana, The Urban Vibe Salon FLORID. Kiah Salon, Rocco Donna ILLINOIS: Ro cickler Salon & Spa IOWA: The Salon unes MASSACHUSETTS: Lumina Salo Salons, Stephen Knoll Salon, Toka Sal-TEXAS: Ceron Salon, Craft Salon, Frin Salon & Color Bar, Michael Kemper Salon Day Spa, Salon 2512, Urban Retreat

FOR A COMPLETE LIST OF ALOXXI SALONS OR TO PURCHASE RETAIL PRODUCTS, VISIT: aloxxi.com

Kolker prefers fat transfer because he believes the results look more natural, are almost immediate and can last for many years (though, obviously, you won't stop aging). Fillers, by contrast, yield less dramatic immediate results, require two or three treatments and last up to two years. Prices start at about \$1,060 per treatment. If concerns about money, health or downtime prompt you to choose fillers over fat transfer, Kolker says Sculptra is his filler of choice for hands.

HELP FOR SPOTS OR MOTTLED TONE

Kolker opted to treat Palef's discoloration with one session using an ablative fractional CO, laser (as opposed to a nonablative laser, such as Fraxel, which also works well but requires multiple treatments). The CO, burns off the skin's uppermost, damaged layers, revealing the fresh skin beneath: it also smooths skin by stimulating new collagen growth. Kolker treated Palef fingertip to elbow, using the strongest laser pulse on her hands and gradually-decreasing the intensity as he moved up her forearm. This is essential, he says, to avoid a glove-like result. The only

downside? Downtime. Palef had major flaking that lasted two weeks. During that time, she had to wear gloves and long sleeves outdoors (her skin was so raw, just using SPF cream would have been insufficient). She was also advised to keep the skin clean and soothed by rinsing it often with diluted acetic acid and slathering on Aquaphor.

The average cost of the CO, laser treatment is \$2,222, and the results are permanent (though to maintain results, you must apply SPF 50 daily). Fair to medium skin responds well to the CO, laser, For darkerskinned patients, who are at higher risk for hyperpigmentation (irregular darkening) or hypopigmentation (irregular whitening), Kolker prefers the Fraxel 1927 laser, which takes two or three treatments averaging \$1.113 each. If cost or downtime is an issue, a series of chemical peels (three to six) at \$150 and up per treatment is also effective, albeit slower. Prefer to tackle spots at home? Kolker likes combining a prescription retinoid, such as Retin-A, with a doctor-dispensed skinlightening product like Vivité or Elure (visit viviteskincare.com or elureskin.com to find a local doctor for a prescription). *

FAST HAND FIXES AT HOME

Two (nonmedical) experts share their DIY hand-perfecting secrets

USE FACIAL SKIN CARE-ON YOUR HANDS

"We wash our hands dozens of times a day and expose them to the sun. Your face would be a prune if you treated it that way," says hand model Ellen Sirot. Her advice: By day, use cream with SPF such as Hand Perfection Day Cream SPF 15 (\$15: drugstores); at night, try something richer like Curel Hand & Cuticle Therapy (\$6; drugstores).

TRIM YOUR NAILS "Many women opt for

a shorter haircut as they age because it's more flattering. The same goes for nails," says Christina Aviles, a manicurist who works with Dior Beauty. Because nails tend to become drier and more brittle over time, the shorter they are, the healthier they'll look.



USE NAIL COLOR AS CAMOUFLAGE

Polish can affect the appearance of hands, says Aviles. Got spots? Opt for sheer, neutral hues (beige or honey) and steer clear of white or dark, opaque lacquers, which accentuate hyperpigmentation. Visible veins? Avoid cool hues such as hot pink (they play up blue blood vessels). Warm colors like coral or golden brown will be more flattering.



READY, SET—Fele!



SPARKLE AT HOLIDAY PARTIES WITH ONE OR ALL OF THESE GLITTERY MUST-GETS

I DOLCE & GABBANA CLASSIC CREAM LIPSTICK IN TOPAZ (\$35: saksfifth avenue.com). Add subtle sparkle to your lip color by topping it with this glimmery gold cream.

2 | LULU FROST FOR BOBBI BROWN OLD HOLLYWOOD COMPACT (\$150; bobbibrown .com). Touch-ups are a glamorous affair with this 1930sinspired mirrored compact.

3 DOLCE & GARBANA THE ONE LIMITED EDITION (\$108; neimanmarcus.com). This perfume, which blends bergamot, mandarin and vanilla. smells as rich as it looks.

PROBLEM-SOLVING

NAILED! THREE CLEVER WAYS TO TACKLE FREQUENT LACQUER COMPLAINTS



COMPLAINT Strong smell

SOLUTION Revion Parfumerie Scented Nail Enamel (\$6; drugstores)

Within 30 seconds of application, this polish (laced with scented oils) goes from pungent odor to pleasant aroma, Available in 24 shades including Beachy (above), which evokes sand and surf.



COMPLAINT Dull finish **SOLUTION Sally Hansen** Triple Shine Nail Color

(\$5; drugstores) By creating a water-resistant shield over nails (H,O's high pH level contributes to dulling), this lacquer stays glossy for up to seven days. Available in 29 shades; shown in Play Koi.



NICK-FREE NAILS COMPLAINT Chips SOLUTION CND Vinvlux Weekly Top Coat and Color

(\$10 each; cnd.com) Thanks to ultra-adhesive color and a top coat that locks in lacquer underneath, CND promises nick-free nails for up to seven days. Available in 62 colors; shown in Steel Gaze.

HELP FOR AGING EYES

FIXES FOR YOUR MOST COMMON ISSUES



LE MÉTIER DE BEAUTÉ EYE MASK DUO (\$150: neiman marcus com) is packed with antiinflammatory seaweed, which



PERRICONE MD BLUE PLASMA ORBITAL (\$65: perriconemd.com) employs salmonegg enzymes to gently remove dead skin cells. revealing fresh skin

around the eve



LANCÔME AB-SOLUE L'EXTRAIT **ULTIMATE EYE** CONTOUR COL-LECTION (\$250) lancome.com) smooths and tightens instantly,

then firms skin

over time.



BLISS FIRM, BARY. FIRM TOTAL EYE SYSTEM (\$68: blissworld.com) is a two-sided tube with firming gardenia stem cells at one end and a retinoid fine-line smoother at the other.



BE A BEAUTY

reduces redness

With her sun-streaked hair and lightly bronzed skin, designer Tory Burch is often described as outdoorsy NATURAL" **** (in a Hamptons way, not a Girl Scout way). So it follows that her first cosmetic collection would aim to impart a healthy glow. Our top pick: Pas du Tout Lip Color (\$32; toryburch.com), the perfect everyday nude-pink.



STOP FEELING THE BURN.



✓ Maximum pain relief

✓ Baking Soda formula is 40% more gentle*

✓ Fraction of the cost**



NOW THE MAKERS OF ARM & HAMMER™ AND ORAJEL™ BRING YOU MAXIMUM STRENGTH PAIN RELIEF FOR LESS."

It's the secret to drinking without fear.



SWITCH TO ARM & HAMMER", YOU'LL NEVER GO BACK.

"to exposed roots vs. a leading sensitive whitening toothpaste. **vs. a leading sensitive toothpaste.



Allergic Asthma can have a way of making a little kitten a huge menace

Talk to your doctor about ALLERGIC ASTHMA

allergicasthma.com/kitten

They created natural ways to heal burnout

Stressed, Sad, The solution? These women found iov (and money) by making their own organic beauty creams

BY LIZ LOGAN





SHARON HACKNEY-ROBINSON >

BEFORE: Neonatal intensive care nurse NOW: Owner of an organic-skin-care company

It's mid-June 2012, and hundreds of beauty companies have descended on the Javits Center in New York to woo buvers from bigwig retailers like

Bloomingdale's. The trade event, HBA Global Expo, is the industry's largest, and for Sharon Hackney-Robinson, just being here is a major achievement. From a booth adorned with birds of paradise, hydrangeas and flowering ginger, Hackney-Robinson, then 52, founder of the organic-skin-care company Me & the Girls. hands out gift bags filled with mini samples of her six products. "Where does your passion come from?" a buyer asks. "I'm a critical-care nurse," Hackney-Robinson replies in her gentle, girlish voice, "so I know the importance of safe products." The three-day event marks the official launch of her company: Yahoo News stops by to interview her, she receives her first major order (from the e-commerce site Truth in Aging), and her Moon night moisturizer and Limonum body scrub win awards. "I guess we were the darling of the show!" she says.

Seven years earlier, Hackney-Robinson could not have imagined this glamorous scene-or this exhilaration. In 2005 she hit the lowest point in her life. She worked long

>> "My biggest obstacle was being a beauty indus-Hackney-Robinson, shown here in the Philadelphia neighborhood where she was raised hours in the neonatal intensive care unit at two hospitals in Philadelphia (Temple University and Lower Buels). After 24 years of tending to very sick newborns, she was exhausted. On top of that, her marriage was unraveling. One evening, see says, "I was driving home from the hospital when I thought it would be easier to drive off the interstate bridge than to repeat another day of being unhappy and scared." Distressed that her thoughts to take action. That night, she told her busband that the marriage was over.

He eventually moved out, and once he did, she discovered a renewed zest for life. "I started to think about doing something different," she says. Within a year of the breakup, after reading a column in a nursing journal that referenced a study on the kinds of chemicals commonly used in commercial personal-care products, Hackney-Robinson checked the ingredients in her own beauty

to experiment with different ingredients. She tried a mixture of pomegranate seed oil, cocoa butter and refined shea butter, and after using it for a few weeks (minus the Saran Wrap), "I started glowing," she says. "People asked me, "What are you putting on your skin? Can you make some cream for me?"

She read studies of butters and oils in hundreds of clinical abstracts and holistic publications. She poked around the website of the Campaign for Safe Cosmetics, a nonprofit advocacy group that compiles research about personal-care products.

For a while, she gave away her creams to her family, friends and coworkers. By 2009 "the girls," as she calls them, "started telling me, "This is really good. We're addicted'! thought, If I can make addicts of 20 people, how about 200?" That was her aha moment, when she knew she wanted to turn her

that I was smart enough to do this and that anytime I stumbled, she would be there—and she has been."

Over the next few years, while still working full time at Temple University Hospital (and earning about \$92,000 a year), Hackney-Robinson funded her business with \$120,000 from her savings and \$40,000 from a bank loan. She converted two rooms in the back of her house into a lab and an office and rounded up eight volunteer friendsnurses and therapists-to come in on their off days to help her develop her formulations. She also stepped up her research and experimented with cupuaçu-seed butter (similar to cocoa butter)-"the loveliest pure white butter ever," she says, harvested in Brazil's rain forest. With its clinically proven moisturizing properties, it became the key ingredient in all her products.

key ingredient in all her products. Hackney-Robinson needed a manu-

facturer willing to produce her creams in small quantities, but most weren't interested. Some encounters were humiliating. "You're small fish," said one rep. "You'r formulation won't fly, Nobody's going to like this." He tried to talk her into letting his company adapt her formula, which would have meant she no longer owned it.

She persevered, and today Me & the Girls creams, scrubs and serums are sold in spas, at online retailers and at meandthegirls.com, Launching the business "took a lot of 16-hour days, a lot of courage and a lot of money," says Hackney-Robinson. "It wasn't easy. The beauty industry is extremely competitive. and it involves the fast and furious development of products." Hackney-Robinson still works as a nurse (only two days a week now) and expects to gross more than \$100,000 in 2014. The company has attracted several investors, and she has hired a part-time assistant and a bookkeeper. The pleasure she derives from growing her new business has helped her enjoy nursing again. "If you have some happy in your life, it kind of spills over," she says. >>

Launching the business

"took a lot of I6-hour days, a lot of courage and a lot of money," says Hackney-Robinson. "It wasn't easy."

creams. "I was horrified by what was in them," she says. Deciding to make her own face and body moisturizers, she did some research online, then spent \$200 at her local health food store on plant oils and exfoliators like oats and sugar.

② Hackney-Robinson had always had faith in plant oils. In the 1980s, she'd slathered vegetable oil on preemies and then swaddled them in Saran Wrap to prevent them from becoming dehydrated. "I'm not a premature baby, but I have mature, sensitive skin," she says. "I thought, Let me try some liquid therapy on myself and see if the same principles apply. And they do?

Working at her kitchen counter on her days off, Hackney-Robinson began hobby into a business. She named her company Me & the Girls in honor of all the important women in her life and those she supports through charities.

She attended Natural Beauty Summit America, an industry conference in New York, hoping to meet suppliers and distributors. But she felt nervous and out of her element. During lunch, she sat at an unoccupied table. Suddenly, a woman plopped down next to her and said, "Hi, I'm Gay. Do you mind if I have lunch with you?" The woman turned out to be Gay Timmons, president of an organic-product distribution company and also an expert in organic-product standards—"the grand pooh-bah of the conference," says Hackney-Robinson. "She made me feel





We're all aging. But that should never keep us from living.

Mom, it's great to see you doing so well again.



GET THE WHOLE PICTURE ON AGING. CALL **877-753-0409** OR VISIT **BROOKDALE.COM** TO START CUSTOMIZING YOUR SENIOR LIVING SOLUTION TODAY. OUR ADVISORS ARE HERE TO PARTINER WITH YOU TO DISCUSS YOUR OPTIONS FOR INDEPENDENT LIVING, ASSISTED LIVING, MEMORY CARE, SKILLED NURSING, CONTINUING CARE RETIREMENT COMMUNITIES, HOME HEALTH, THERAPY AND HOSPICE.



Resolution #1: Be Inspired

Your goals are set; now it's time to get motivated. At legendary Canyon Ranch resorts, every doy brings amazing discoveries and pure delights, inspiring you to greater heights of energy, joy and vitality. Whether you prefer Sonoran Desert visias in Tucson, Arizono, or a serene New England setting in Lenox, Massachissetts, it's always the perfect time of year for outdoor adventures, indulgent spa treatments and award-winning healthy cuisine, 800-676-1060

CANYONRANCH.

ALL-INCLUSIVE, LIFE-ENHANCEMENT HEALTH RESORTS tucson, arizona | lenox, massachusetts À LA CARTE, ALL-SUITE, HEALTHY OCEANFRONT HOTEL & SPA miami beach

KARI GRAN AND LISA STRAIN

BEFORE: Managing real estate brokers NOW: Owners of a company that makes natural beauty products

Noon on a Sunday in early September 2013, Lisa Strain, 55, gazes out over a lush greenbelt near Seattle's Lake Union for a brief moment before continuing to handwrite expiration dates on small, black bottles and pack them in simple jute bags. The sun streams in through a 12-foot window and reflects off the white brick walls of the rehabbed 1920s distillery. Behind a heavy door, her business partner, Kari Gran, 45, is in the industrial laboratory making a batch of her natural moisturizing serum, which she sells online and in a loft showroom four floors up. Gran adds a few drops of rose oil (precious at \$500 for 30 milliliters) to a mixture of camellia, layender and sunflower oils. "True oil of rose is so amazing, so beautiful," says Gran. "There's nothing like it."

Three years ago, Gran and Strain had much less serene professional lives: They were hustling to sell real estate during a recession, often working 50 hours a week.

Only when tragedy struck did the two friends realize they needed to slow down. In 2008 health troubles in Gran's family left her and her husband caring for their nephew, then nine years old. Around the same time, Strain's father was killed on his way home from church by a drunk driver. Not long after, Strain's adult daughter fell into a prolonged, life-threatening crisis. The two friends began pulling away from the demands of the real estate business and looking for something that would bring pleasure into their lives.

Gran, who suffers from an autoimmune disease affecting her thyroid, began reading about the ingredients in her beauty products. After years of making her own lip balms, she decided to mix her own skin-care creams. In 2010 she gave Strain a Christmas gift of her creations: a lip balm, a hydrating tonic (called Everything's Coming UP Roses) and a moisturizing serum made purely of oils (Beauty Rest). Strain loved the smell and feel of the oils on her skin. "The serum was herbal and earthy in a sophisticated way," she says." It was complex."

One morning after a 6 o'clock yoga class, Strain said to Gran, "Let's make this into a business." All the color drained out of Gran's face as she realized, for the first time, that she could have a career doing what she loved. Within days, the two had hatched a plan to get the business off the ground. Gran, who has a bachelor of science degree, would develop formulations and run the lab. Strain, who had an advertising background, would leath the PR and marketing efforts. To make it all happen, the pair lent themselves \$200,000 from their savines.

Gran took classes with a naturalingredients formulator in California, studied the industry textbook Milady's Standard Fundamentals for Estheticians and signed up for a weeklong course at Bastyr University near Seatle, a school that specializes in sciencebased, natural medicine. Their first product samples went out to friends and family at the end of 2011.

Today the company, Kari Gran skin care, is on track to gross more than \$500,000 in 2014. Gran writes a blog (karigran.com/blog) dedicated to educating people about beauty products. The business is still in the start-up phase; the co-owners barely pay themselves the minimum wage, ("Our husbands are totally OK with it. Us, not so much," Strain says.) But "there's a solid profit to be made," Gran says. "The margins are very good, even though natural products usually involve more expensive ingredients. For a long time, using anti-aging products, I bought into the belief that I needed to be fixed. We're encouraging women to think about beauty a little bit differently." *

LIZ LOGAN is a freelance writer based in Brooklyn, New York.

Find your joy – we'll give you a head start

Discover why so many have fallen in love with Canyon Ranch. Get ready to discover a world of healthy pleasures at our legendary health resorts in sunny Tucson, Arizona, or charming Lenox. Massachusetts

New You

Relax, de-stress and hit the reset button. If you've never been to a Cannyon Ranch health resort, save 20% on an all-inclusive package stay.

Valid now – December 23, 2013 and latenages 1, heap 23, 2014

Weight Loss

Excludes March in Tucson; minimum stay

Ready for a proven, science-based program that supports healthy weight management for life? It's time to create your success story. We'll help you make it happen.

Simply mention
"New You" or "Weight Loss"
when you reserve your stay.
800-676-1060

CanyonRanch.

the Power of Possibility.

canyonranch.con

Pinancial



Unretiring, with passion

For some, retirement is about relaxing and traveling the world. For these women, it was about reconfiguring their lives and embarking on new career paths

BY ALISON OVERHOLT

Mary Beth Casey, 58 PRIMARY CAREER: Advertising executive UNRETIREMENT PATH: Travel franchise owner

As CEO and president of the advertising company N.W. Aver, Mary Beth Casey was used to being away from home for long stretches. When she started at the company in 1997, she decided to live in Manhattan from Monday to Friday and spend weekends in Guilford, Connecticut, with her husband, David, and her two stepchildren. But years of long hours at the office. coupled with solo life in the city, took

a toll. "I missed my family," she says. In 2002, Casev left her job. She had diligently saved throughout her career and at 47 had socked away enough money to afford a comfortable retirement. For the next several years, she gardened, rode horses, served on com-

pany boards and traveled. But even in retirement, Casey's rep-

utation followed her, and soon she was asked to join J. Walter Thompson as vice chair of its digital-advertising organization. "I didn't need the money, but the attraction of 'They need me' was bigger than 'How am I going

RE:CONNECT

YOUR OLD 401(k) TO YOUR NEW PLANS

9 OUT OF 10 REVIEWERS WITH A FIDELITY ROLLOVER IRA WOULD RECOMMEND IT TO THEIR FRIENDS.1



It's time to make sure your old retirement savings are benefiting from your current investing approach. When you bring your old 401(k)s into a Fidelity IRA, you'll get a clearer view of how your investments are really doing.

- . Get free 1:1 guidance for your retirement investments, no matter where your accounts are 2
- · Focus on growth while working to preserve what you have with Fidelity and non-Fidelity funds. ETFs, and sector funds.
- . Stay ahead of the curve with our latest market analysis, insights, and perspectives.



Turn here

Fidelity.



Call a Rollover Specialist at 800.FIDELITY or come in for help moving your old 401(k)s into a Fidelity IRA

Fidelity.com/Rollover

Before investing in any mutual fund or exchange traded fund, you should consider its investment objective, risks, charges and expenses. Contact Fidelity for a prospectus, offering circular or, if available, a summary prospectus containing this information. Read it carefully.

Consider all applicable fees and features before transferring your retirement assets.

Based on 341 screened and posted customer ratings and reviews evaluating convenience, customer service, and value, and whether reviewers would recommend an account with Fidelity to their friends. Ratings and reviews were provided either through an email solicitation for feedback on the product or as voluntarily submitted on Fidelity.com by customers as of 9/4/13. The experiences of these customers may not be representative of the experience of all customers. and is not indicative of future success. For additional information, go to Fidelity.com/Rollover. Based on providing account statements at the time of the 1:1 review.

Keep in mind that investing involves risk. The value of your investment will fluctuate over time and you may gain or lose money. Fidelity Brokerage Services LLC, Member NYSE, SIPC. @ 2013 FMR LLC. All rights reserved, 661544.2.0



to make this work?" she says. Casey accepted the position, and her commutes began again.

This time, though, the stint lasted just a year and a half before the appeal faded and she quit. She'd come to recognize, however, that traditional retirement didn't suit her personality, so she threw herself into volunteer and nonprofit work.

Then, in 2008, David accepted a job in South Florida, "I decided if we both love work so much, let's at least work together," she says. She began researching business opportunities that would combine her knack for building teams with David's talent for sales and marketing.

Buying a franchise appealed to her because of the track record that comes with an established company. Casey Googled "U.S. franchise opportunities," and the first brand that caught her attention was the travel company Expedia, particularly the branch that books cruises. Still, Casey was hesitant, "It was a lot of money, and we had too much business experience between us not to ask, 'What's the worst-case scenario?'" she says. To quiet her fears, Casey spent four months researching the company.

In 2009, confident that she'd done her homework, she and David paid more than \$200,000 to buy Expedia's first U.S.-based CruiseShipCenter, Several years later, the couple support 110 independent consultants who sell vacation packages. Their franchise experienced a 30 percent growth in sales in 2012. But for Casey, it isn't about the money. "The real satisfaction comes from nurturing the people who work for our company," she says,

CASEY'S UNRETIREMENT TIP: Expect to work hard. "Buying a business will probably be more difficult than anything you've done. but by building a financial investment in the future, you'll find a sense of achievement that you may not have had before."

Ruth Wooden, 67

PRIMARY CAREER: Head of a nonprofit UNRETIREMENT PATH: Family counselor

At 57, Ruth Wooden left her job in public relations to become president

of the nonprofit think tank Public Agenda. Just a few years later, as she approached 62, she started to feel restless. Not long after, her mother was diagnosed with colon cancer. Wooden struggled with how to perform at her job while making herself available to take her mother to doctor appointments and help her live out her final months comfortably.

Wooden's epiphany came in April 2010, when she was in London for a conference and a volcano erunted in Iceland, grounding flights across Europe, "I realized that I didn't want to resent that I had been working while my mother was dying," she says. As soon as she got home, Wooden gave notice.

Her mother passed away in March 2011, and for the first time in years, Wooden was able to reflect on what, if anything, she wanted to do next. For several months she enjoyed a quiet retirement. Then she received an e-mail from a member of the board of Public Agenda asking her to meet with Serene Jones, president of the Union Theological Seminary. Jones was looking for someone to teach a course in advancing public change.

Wooden's first instinct was to decline. She didn't want to teach a subject in which she'd so recently been immersed. Then Jones mentioned that the school was offering the course only to students who would become ministers, and the idea of teaching future ministers made Wooden reconsider. She checked out the school's website to learn more about the program and saw a major called Psychology and Religion. "I thought, Wow, this is what I want to do-spiritual counseling," she says,

She applied to become a student and decided to teach the class on the side. Today, Wooden is finishing her second year at the Union Theological Seminary and plans to open a practice as a counselor for family-support programs as soon as she earns her M.A.

WOODEN'S UNRETIREMENT TIP: Don't plan on getting rich from unretirement. "This is the time to pursue your passion, not your skill set, and that usually means earning a lot less money than you did in your previous career."

D Juanita James, 61

PRIMARY CAREER: Executive at an S&P 500 company

UNRETIREMENT PATH: Head of a community foundation

As chief marketing officer for Pitney Bowes, Juanita James worked 14-hour days managing a staff of more than 40 executives. She also maintained what she calls a parallel career of working with nonprofit and community groups. James was passionate about her philanthropic pursuits and often thought about devoting herself to them full time. But with a special-needs son, Dudley Williams III. who was born premature and required years of therapy, along with medical bills that insurance wouldn't cover, she needed her corporate paycheck.

That situation changed in 2010 when her son graduated from the Threshold Program at Lesley University in Cambridge, Massachusetts, which helps special-needs students prepare for living independently. Suddenly, James had some decisions to make, "For the first time, there was a freedom not to feel bound by my corporate career," she says.

So, at 58, she quit her job, intending to take a couple of years off to think about her next step. Shortly thereafter, James was recruited by newly elected Connecticut governor Dannel P. Malloy's transition team and decided the allure of working in public service outweighed her need for a break, Several people familiar with James's nonprofit board activities then recommended her to a recruiter looking to fill the CEO slot at the Fairfield County Community Foundation, which manages more than 500 funds that support nonprofit groups in the region, "My first reaction was, Wait a minute. I haven't taken that break yet," she says. "Then I thought, Timing never works the way you want it to. This is the ideal thing for me to do." JAMES'S UNRETIREMENT TIP: Return on investment does not apply just to money. "Associate yourself with an organization whose core values are consistent with your own." .

ALISON OVERHOLT is a writer and an editor based in Montclair, New Jersey,



Join thousands from all over the world at the largest all-women's half-marathon in the country.

CENTRAL PARK, NYC SUNDAY, APRIL 13TH

REGISTRATION OPENS SOON Visit morefitnesshalf.com for more information

MORE | fitness WOMEN'S HALF MARATHON

| FRI 4/11 SAT 4/12 |
|-------------------|
|-------------------|

SUN 4/13

HEALTH & WELLNESS EXPO

RACE DAY







More SOCIAL IO

Your Guide to Facebook Pages, Twitter Handles, Pinterest Boards, App Names and Direct Links

FIND YOUR EDGE WITH RAINBOW LIGHT!

facebook.com/RainbowLightNS Get to know the #1 Women's Natural Multivitamin Brand, Save 25% and receive free samples!



MORE UNCORKED

Facebook.com/MoreUncorked Connect with MORE's new wine club for wine tips, upcoming events, virtual tastings and more. Cheers!



GET MORE OUT OF MORE WITH YOUR MOBILE DEVICE

Download the Blippar app so you can use your mobile device to shop directly from the pages of MORF Look for the Blippar symbol to find blipp-enabled pages throughout this issue.



MORE MUST HAVES

Your Guide to Products, Promotions & Special Events



CHOCOLATE CRAVINGS™

Women love Chocolate...and Diamonds! Satisfy your cravings with Chocolate Diamonds®, the natural color diamond exclusively by Le Vian®. Available at Jared the Galleria of Jewelry and iared com



GEICO COULD SAVE YOU MONEY.

GEICO has been saving families money for over 75 years. Go to geico.com now for a no-obligation quote.

Some discounts, coverages, payment plans and features are not available in all states or in all GEICO companies. See geico.com for more details. GEICO and Affiliates. Washington DC 20076 @ 2013.



If you use Neutrogena® Oil-Free Acne Wash. Oil-Free Eye Makeup Remover or T/Gel®, vou've already discovered why dermatologists recommend Neutrogena® 2x more than any other skincare brand. It's pretty simple, and it works beautifully. neutrogena.com



SMOOTH SKIN FOR SPRING?

Start now and get permanent results with the Tria Laser 4X, the only at-home FDA-cleared laser. www.triabeauty.com



GET THE GIFT OF LIFT! Learn more about Ultherapy—the only FDA-cleared non-invasive neck lift-and receive a free gift for your neck at UltherapyGift.com!



100+ MAGAZINES | ALL-YOU-CAN-READ ACCESS | ONE LOW PRICE



NIMALL1



Hey, Mom, I'm home

Her house was already full to bursting with kidsand then the older boys moved back in. How one mother made room for them in her house and heart

BY JACQUELYN MITCHARD



The phone rang at 6 AM. "Mom!" Dan said. "I'm about to cross the bridge."

Having just filled out a fourth grader's permission slip, cleared off the breakfast dishes and opened my laptop, I said, "Honey, hi . . . what time

is it out there? Sunrise in the Rockies? Why do you have to go to work so early?" My 26-year-old son, Dan, was a chef in Vail, Colorado, Every day he crossed a bridge to get to his job at a trendy Italian restaurant in the village.

There was a silence. "So, yeah," Dan said. "I meant the Sag-

amore Bridge." Now, the Sagamore Bridge is not in

Colorado, It's in Massachusetts, connecting the mainland to Cape Cod. where we live, "I had just enough money left over from my plane ticket to grab the bus from Boston," He paused. "It does look pretty, Mom. The road home always looks the prettiest."

He had me at home.

A half hour later I was at the bus stop. my arms around a son a full foot taller than I and even skinnier than he had been eight months before. "Where's your luggage?" I asked. When he moved west. Dan had mailed boxes.

Another silence.

He'd sold his parka and skis to buy the plane ticket. His roomie had accepted his TV and Xbox in exchange for back rent. Rents out there were high, and while Dan was good at making money, he was even more gifted at spending it.

So, I thought, this made two boomerangs in the basement-grown children who hadn't actually failed to launch but had engine trouble necessitating a sneedy re-entry.

I texted the other boomerang. Marty, 23, had lived here his first year out of school. Then, on the verge of amassing the bankroll he would need to move to New York, the next step for a young actor, he'd been T-boned on the way to a

Varicose Veins, A Cosmetic Nuisance or Serious Health Issue?

Through the self-assessment and information on RethinkVaricoseVeins.com, I found out that my leg pain may be varicose veins and the sign of a more serious health condition – chronic venous insufficiency. 32

Turning 50 has special meaning for me. For most people in my family, it's the true midlife mark. My mother and father are in their 90's and other family members enjoy life past 100. I used my birthday as the time to re-evaluate many aspects of my life. Like most women, I paused to look at my career, family, health and the future.

I have a wonderful husband, two daughters and a busy career as a freelance management consultant. I teach yoga in my spare time! But now at 50, I'm realizing even with my active lifestyle, it is time to decide what I can do to optimize my health.

As an avid MORE reader, I read information in the June 2013 issue about varicose veins and the importance of getting them properly diagnosed. This really resonated with me — my legs recently started feeling achy and I've noticed some changes in how my legs feel at the end of a busy day. I went online to RethinkVaricoseVeins.com where I learned that varicose veins are not just a cosmetic issue, but something that should be addressed with a physician to prevent the

condition from getting worse over time. By taking a simple self-assessment on the site, I found out that my leg pain may be varicose veins and the sign of a more serious health condition – chronic venous insufficiency.

I assumed these aches and pains were just a part of life, something that I simply had to deal with. I didn't know about the new, minimally-invasive treatment options. I plan to speak with a vascular surgeon to evaluate my veins and determine the best procedure for me.

Now that I know this condition is not just a sign of aging, is easily treatable, and covered by most insurance carriers, I am spreading this message to my fellow readers of MORE. Varicose veins and chronic venous insufficiency affect more than 30 million Americans, predominately women. "You likely know a few! Get proactive, learn more and tell your mothers, daughters, sisters and friends about it.

In addition to empowering other women about their health, I encourage you to use your own milestone birthday – 40, 50, 60 or beyond – and make the positive changes to ensure the second stage of your life is as wonderful, if not more so, as the first. Namaste.

- Connie Charlier Axelrod



The Rethink Varicose Viens cumpaign sponsored a sweepstakes to encourage MORE reades not complete a short quit a bout white varicose vering and elgo health. The winner, Comile Axestrod, was randomly selected and won a getsway for herself and a guest to attend the Escrape with MORE spa weekend at Mirval Azrona Rearch in In Nowmber 2013. The Rethink Varicose Viens campaign is sponsored by Coviden in partnership with.









Connie Charlier Axelrod, with one of her daughters,

is the winner of the

Rethink Varicose Veins

Escape sweepstakes.





For more information about varicose veins, chronic venous insufficiency and to take a short quiz to find out if you might be at risk, visit RethinkVaricoseVeins.com.

REFERENCES

i "Chronic Vein Disease." Hearinthealthywoman.org. Cardiovascular Research Foundation Nov. 1998, Web http://www.hearthealthywomen.org / cardivascular/Odisease/pvd/veindessase-disposs-and-treatment.html

ii "Age and sex composition: 2010 " IN 2010 United States of America Census (c2010br-03), Web. http://www.census.gov/prod/cen2010/bnefs/c2010br-03.pdf

All trademarks are property of their respective owners



HAPPY vou YEAR

Massages, facials and money-saving memberships. 12 months of wellness starts today.



Visit MassageEnvy.com

Exclusively featuring Murad

apply. Each location is independently owned and operated. ©2013 Massage Envy Franchising, LLC.

rehearsal in Boston, his car totaled, his hand broken in a way that would cost him two surgeries and six months of physical therapy. I'd never been more grateful for my health insurance or for the bunk bed next to the boiler in the little makeshift basement office.

Marty met us at the door, "First of all," he told his brother, "you do your own laundry. No dirty tube socks under the mattress. No pizza boxes on the floor, And second, this room never smells of anything you drink or smoke. And third . . . good to see you, bro." While Marty, who was neat to the point of neurosis, didn't exactly relish welcoming a slovenly supersaurus into his 8-by-12 space, he and Dan had been best friends all their lives

By the time the younger kids-six of them, ages six to 17-burst in the door from school. Dan was whipping up homemade tagliatelle with pesto. a peace offering that was both aromatic and incredibly messy.

"Munchkins!" Dan yelled, hugging 14-year-old Merit and literally lifting 13-year-old Mia off the floor.

The little ones were thrilled, My husband, Chris, who walked in a while later was not

"How are we going to work this?" he asked-a fair question.

We both glanced at Dan, who by then was sprawled, asleep, on the sofa. When he heard Chris's voice, he woke.

"Pop!" he said, getting up to give Chris a hard hug. Dan may stuff tube socks under the mattress, but his heart is as big as his head. I saw Chris struggle between trepidation and joy that Dan was here and in one piece. Dan had always been the kind of person who seemed less likely to make decisions than to have them happen to him.

"Do you have a plan worked out?" Chris asked. "Yep," Dan said. "I got my old job

back, and I know a guy who has a place at the beach." Dan always knew a guy.

That night, Marty and Dan climbed

into steel bunk beds intended for children and into the calculus of a phenomenon born of prolonged childhoods and hard times. According to a 2012 report from the Pew Research Center, 36 percent of young adults ages 18 to 31 live with their parents for months or years-even after they've finished college and begun working. This percentage has risen steadily since 2007, as the recession deepened.

Rarely is moving back home a matter of choice. Jobs get dicey: debt gets out of hand. When the tipping point comes, the truth of what Robert Frost said is tested: "Home is the place where, when you have to go there, they have to take you in."

For us, the issue was complicated. Our current house was tiny compared with the sprawling home we'd left in Wisconsin a year before. With Dan in the mix, there would be 10 of us, including two of my three older sons. I had Dan, Marty and the eldest, Rob. with my first husband, who died when I was in my late thirties, After I married Chris three years later, he adopted the older kids, and over the course of our marriage, six more came along. The only one missing now was Rob.

A few days after Dan's arrival, Chris brought a sheaf of printouts to bed. "OK, I've got the gist of the advice on boomerangs. When an adult child comes back, you do a written plan. This can't be open-ended. We have to decide how much grocery money is fair to contribute and how much rent . . .'

"For a bunk bed in a boiler room?"

"What he's got is better than nothing," Chris pointed out.

"OK," I said. "You write up the plan for the two of them to sign." I knew that Chris would never get it done, which would give me time to think before I drew up the document myself,

At first, during those balmy spring months, things went well. Dan slept most of the time before his job began in May, but when he was awake, he dressed up the dining. Both of the guys backstopped me, picking up the kids from activities or delivering them to doctor appointments. One afternoon I was stuck in traffic and already 15 minutes late retrieving nine-year-old Will

Put *relaxation* on your holiday list.



What a perfect way to help loved ones relax. Give the gift of massages, facials and more with Massage Envy Spa gift cards. Now available-and redeemable-nationwide.



CONVENIENT HOURS · LOCATIONS NATIONWIDE · FRANCHISES AVAILABLE · MassageEnvy.com 👔 💟 🔕 📵



MORE SOCIAL

ioin us!



dallas MARCH **2014 SAVE THE DATE**

JOIN MORE for a one-of-a kind after-work

happy hour

that puts the MORE filter on everything women love -BEAUTY, FASHION. CAREER, SHOPPING ಟೆ NETWORKING.

from dodgeball. Everyone knows that helplessness. I pulled over to call my husband, but before I could dial, a text pinged in from Marty: "Got Will." It was good having two more majors to monitor the minors. In the ensuing weeks, Marty, whose injured hand was on the mend, also got our yard in shape. Dan helped Chris chainsaw some deadwood and build a rock wall. Hearing the older sons downstairs, talking and laughing. made our house feel like home again. There was a vin and a vang to that. though. The floor of our bedroom was the ceiling of the room where they slept, which cost us some privacy.

More than once, Chris and I sought time alone. In a twist on a time-honored tradition, we went parking on the far side of our small circular driveway, under cover of some scrubby trees. The irony wasn't lost on us: We weren't kids sneaking away from our parents' house but parents on the lam from our kids' house.

"It's just for a while," I said hopefully. "It'll work out."

But that weekend a former girlfriend of Marty's named Nora, who was also an actor, visited from New York. I fell asleep by 10 PM, as usual. The next morning, however, as Marty rummaged in the fridge for bagels (Nora had daintily decamped to the sofa, where we'd left pillows and blankets for her), Chris said, "Son, your mom tells me I don't know what love is. But now I know what it sounds like."

Marty flushed. He didn't reply, but there were no return engagements.

Then, in late May, Rob, 28, came for a visit from the Midwest, where he still lived. He announced he was heading east-far east-to Japan, as part of that country's program welcoming young Americans, especially those fluent in Japanese (as Rob is), to teach English. With summer in full swing, we had a ball that week, spending family nights on fierce song-lyric tournaments.

One night Rob said wistfully, "I'd love to save the money I'm shelling out on rent. And I miss you guys. But I could never live here. The house is way

too small. And you'd drive me nuts!" Irony was never so manifest.

Within a few days, however, he'd brainstormed with his brothers and located a possible computer-repair gig that would help him save money until he left for Japan-the following April. Of all the older kids, Rob was al-

ways the prickliest, but also the most courteous. "It would really help me if I could live here, but if you mind . . ."

I waited for Chris, who waited for me. "It will all work out," I said. Marty, Dan, Rob: It was a trifecta.

And by summer it was a tribe. For some reason, summer catapulted our older boys back into frathouse mode. Red Solo cups bloomed among the hydrangeas, and 17-year-old Francie, whose bedroom is downstairs, complained of loud Dexter marathons while she tried to sleep before her final exams. A cheap TV set for the boys' room solved that, but I went ballistic over the beer cups with their friends' bloated cigarette butts swimming in them. This wasn't a flophouse! The guys told me to back off: They were old enough to do what they wanted. But a gentle reminder that adolescent girls didn't need to see grown men parading in from the outside shower in boxers was all it took to inaugurate the brotherhood of the traveling robe. We bickered about meals cooked outside our bedroom door at 2 AM but also about politics, music and books, which was fun. I was actually meeting "the brothers" as adults for the first time. and in a unique fashion.

In my generation, moving out was for good; I never really lived at home again after I left for college at 16. People got married in their early twenties and had kids. For new college grads. even an entry-level salary was enough to pay half the rent on a pretty nice apartment. Those grads dreamed of saving up \$20,000 to make a down payment on a house, not to pay off student loans. Parents saw their adult children when they went to work beside them in the factory or the family business, or when they moved in down the block or visited from town. >>

In our sons' generation, all but a few graduate from college older and deeper in debt. In real dollars, that first job pays for just about as much as, or less than, my first newspaper job did in 1980. The rent on my first apartment was \$800 a month. The rent Dan paid for the place he shared in Vail was \$1,500 a month and considered a steal. No wonder this generation also marries later.

So I rotated like a top bumping off emotions—frustration, satisfaction and pure, hopeless sympathy for their plight. On good days, having the older boys around felt like a privilege. How easily Dan whipped up breakfast repes; how effortlessly Rob fixed the computer; and with what skill Marty taught Francie to play "Clair de Lune;" my favorite song, on our old piano.

Then came the boys' first fight. Jokingly at first, Dan called Marty

Jokingly at first, Dan called Marty "fat ass." Marty responded that he, Marty, was home because of his injuries, but Dan was just a slacker. There was a shove, then a harder shove. Rob joined the fray. Of course, our sons had been fighting all their lives-scuffling, tussling, wrestling—and now here they were again, careening into couches, with vases swaying and the littlest siblings caught between fascination and terror. At the end, the hole in the wall matched the one they'd made when they were 12. 14 and 17.

Contrition and plastering followed, but Atticus, seven, said tearfully, "They're too big to fight."

Not long after, Francie slapped Marty for double dipping a spoon in the chili she was making, and in return he hit her with a wooden spoon across the shoulders.

"She's a kid, Marty," I reminded him. "She's a jerk," he told me.

Tears sprang to my eyes as I remem-

bered the seven-year-old Marty cradling his infant sister. "She was your heart." I said.

Marty turned to me, his own eyes awash in misery. "I know! Why did you let her grow up to be an entitled brat?"

Who was entitled? It was Marty who was driving my car. Only a few weeks later, Dan asked me if I could move the kids' computer out of the boiler room: "It's annoying enough to have people walking through to do laundry without the little kids coming in to play Club Penguin."

I was too dumbfounded to answer. Finally, I said, "This isn't set up for you. This is their home, where they have to be. If you don't like it, move!"

One morning, a note turned up on the bathroom mirror pointing out that we were out of frozen pizza.

Chris asked, "What are you going to do about this?" >>



I shrugged, "Get some frozen pizza."

"What you really need to get," Chris said, "is some counseling, so that they can all move and you can be OK with whatever that means," During this period, every tussle between us started this way. Chris was fed up, which made him slip on his Dad-as-Scrooge hat, while I was forced into the

defensive crouch of protecting my young.

"What if it means Dan ends up homeless?"

Chris said, "You know that isn't what I want." "But you could be"-I made

air quotes-"'OK with that'?" The battle was on, each of us digging deep for in-

sults, me insisting that Chris couldn't love "the old kids" because they had come from my first marriage, him hurling back the truth that I was doing laundry for 11, plus working two jobs,

and the power bill was higher by half. The next day, we were both abashed. But I agreed that I should be the one to write down the "exit strategy" goals.

D Before I could, we went to a matinee performance of Next to Normal, a musical in which Marty played two roles-to luminous effect. The same night, as I went to look for the guys with my list, I overheard them upstairs telling the youngest three a story. I lingered outside the door, "When we were little like you, before Mom married Dad, she had no money," Rob was saving.

"We don't have much now!" Atticus pointed out. Even he knew that Chris and I had been wiped out years earlier by an investment theft.

"Well," Rob went on, "every Friday night we would go to the diner for hot dogs and fries, and then Mom would take us on moon walks. One night, we walked around the outside of the zoo in the dark and tried to guess which animals were making which sounds . . ."

"We go for walks in the dark sometimes!" Marta, eight, said. Still beaming from our description of Marty's theater performance, Atticus said, "Marty, why don't you get famous and buy Mom

a big, big house like we used to have?" Quietly, Marty said, "That's the plan, buddy."

With my own plan in hand, I crept back downstairs. That night, I read all those printouts again, then took my own moon walk. When I was a child. my parents and grandparents shared a

theirs. I spooled back my cross or cautionary words. In return, they dialed down the sarcasm. I treated them like adults. They treated me with enhanced courtesy. A fragile peace descended.

After a couple of months, having saved some money, Rob decided to return to Madison until it was time to

There would be no more pinning them down to an "exit date." Someday I would be an old woman, and I didn't want my eldest kids discussing an "exit plan" for me.

> house that neither couple could have afforded on their own. I remember it as the safest of havens. Of course I was providing a refuge for my kids. Worse things could happen in the world.

There would be no set of written rules. Written rules are for children. like gold stars for brushing your teeth.

I would ignore the pundits who advised that the last thing we should do was make life too comfortable for the boomerangs. Make them feel that they had washed up here through some failure of character on their part (or ours)? No way. They were welcome to share whatever food and warmth we had. But no more making me yell at them to pick up smelly socks or wet towels. No more covert "just this once" payment of their phone bills, I would commiserate; I struggled with those bills myself. But I would no longer act like a mommy. Adults sharing a common space respect one another's possessions and privacy. I would quietly, but firmly, expect that,

Most of all, there would be no more pinning them down to an "exit date." Making them sign such a document would only demean three kids who never planned to have to rely on their parents. Someday I would be an old woman, and I didn't want these, my eldest ones, discussing an "exit plan" for me.

When my attitude changed, so did

go to Japan. Marty will leave for New York right after Christmas.

Dan will probably stay the longest. We actually urged him to stay home for a while-to work hard and to save hard-so that, by the time he leaves, he'll have a nest egg and smarter spending habits.

When Dan goes, he'll be doing what he's supposed to do, lighting out for the territories. I'll be relieved.

I'll also be bereft.

It doesn't take a PhD to figure out that a woman who has nine children has never hankered after an empty nest.

I really don't know how our sons will look back on this time. But since they got a chance to live with us in the middle of our lives, when we were both still tough and vigorous for them it might be like that moment in Our Town when Emily, as a ghost, looks at her parents and cries out, "They're so young and beautiful! Why did they ever have to get old? But just for a moment now, we're all together . . . just for a moment, we're happy. Let's look at one another."

We did that We had that.

No regrets. *

JACQUELYN MITCHARD is a contributing editor at More. Her new novel. What We Lost in the Dark, debuts in December.



Only GILENYA® combines proven efficacy to cut MS relapses in half vs a leading injectable in a once-daily* pill.

GILENYA reduced the frequency of relapses by 52% in a 1-year study vs Avonex®, and by 54% in a 2-year study vs placebo.

Indication

GILENYA is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS) in adults. GILENYA can decrease the number of MS flare-ups (relapses). GILENYA does not cure MS, but it can help slow down the physical problems that MS causes.

Important Safety Information

You should not take GILENYA if in the last 6 months you experienced heart attack, unstable angina, stroke or warning stroke, or certain types of heart failure. Do not take GILENYA if you have certain types of an irregular or abnormal heartbeat (arrhythmia), including

a heart finding called prolonged QT, as seen on a test to check the electrical activity of your heart (ECG) before starting GILENYA. You should not take GILENYA if you take certain medicines that change your heart rhythm.

*GILENYA can result in a slow heart rate when first taken. Your first dose will be given in a medical facility where you will be watched for at least 6 hours. If you stop taking GILENYA for more than 14 days after your first month of treatment, you will need to repeat this observation.

Please see additional Important Safety Information on the next page and Brief Summary of Important Product Information on the following pages.



SPEAK UP TODAY!





Important Safety Information

GILENYA may cause serious side effects such as:

- · Slow heart rate, especially after your first dose. An ECG will be performed before and 6 hours after your first dose. Your pulse and blood pressure should be checked every hour while you stay in a medical facility during this time. If your heart rate slows down too much, you might feel dizzy or tired, or feel like your heart is beating slowly or skipping beats. Symptoms can happen up to 24 hours after your first dose. After 6 hours, if your ECG shows any heart problems or if your heart rate is still too low or continues to decrease, you will continue to be watched by a health care professional. If you have any serious side effects after your first dose, especially those that require treatment with other medicines, you will stay in a medical facility to be watched overnight and for at least 6 hours after your second dose of GILENYA the next day. If you have certain types of heart problems, or if you are taking certain types of medicines that can affect your heart, you will be watched overnight after you take your first dose. If you experience slow heart rate, it will usually return to normal within 1 month. Call your doctor or go to the nearest emergency room right away if you have any symptoms of a slow heart rate. If you stop taking GILENYA for more than 14 days after your first month of treatment, you will need to repeat this observation.
- Increased risk of serious infections. GILENYA lowers the number of white blood cells (lymphocytes) in your blood. This will usually go back to normal within 2 months of stopping GILENYA. Your doctor may do a blood test before you start GILENYA. Horeased risk of infection was seen with doses higher than the approved dose (0.5 mg). Two patients died who took higher-dose GILENYA (1.25 mg) combined with high-dose steroids. Call your doctor right away if you have fever, irredness, body aches, chillis, nausea, or vomiting.
- Macular edema, a vision problem that can cause some of the same vision symptoms as an MS attack (optic neuritis), or no symptoms. Macular edema usually starts in the first 3 to 4 months after starting GILENYA. Your doctor should test your vision before you start GILENYA; 3 to 4 months after you start GILENYA; 3 to 4 months after you start GILENYA; and any time you notice vision changes. Vision problems may continue after macular edema has gone away. Your risk of macular edema may be higher if you have diabetes or have had an inflammation of your ve (Luveitis). Call your doctor right away if you have blurriness, shadows, or a blind spot in the center of your vision; sensitivity to light; or unusually colored vision.
- Breathing problems. Some patients have shortness of breath.
 Call your doctor right away if you have trouble breathing.
- Liver problems. Your doctor should do blood tests to check your liver before you start GILENYA. Call your doctor right away if you have nausea, vomiting, stomach pain, loss of appetite, tiredness, dark urine, or if your skin or the whites of your eyes turn yellow.
- Increases in blood pressure (BP). BP should be monitored during treatment.

GILENYA may harm your unborn baby. Talk to your doctor if you are pregnant or planning to become pregnant. Women who can become pregnant should use effective birth control while on

GILENVA, and for at least 2 months after stopping. If you become pregnant while taking GILENVA, or within 2 months after stopping, tell your doctor right away. Women who take GILENVA should not breastfeed, as it is not known if GILENVA passes into breast milk. A pregnancy registry is available for women who become pregnant during GILENVA treatment. Call 1-877-589-7237 or visit www.gilenyapregnancyregistry.com for more information.

Tell your doctor about all your medical conditions, including if you had or now have an irregular or abnormal heartheat; history of stroke or warning stroke; heart problems; a history of repeated fainting; a fever or infection, or if you are unable to fight infections; eye problems; diabetes; breathing or liver problems; or high blood pressure. Also tell your doctor if you have had chicken pox or have received the vaccine for chicken pox. Your doctor may do a test for the chicken pox virus, and you may need to get the vaccine for chicken pox and wait 1 month before starting GILENYA.

Tell your doctor about all the medicines you take, including medicines for heart problems or high blood pressure or other medicines that may lower your heart rate or change your heart rhythm; medicines that could increase your chance of infections, such as medicines to treat cancer or control your immune system; or ketoconazole (an antifungal) by mouth. If taken with GIENYA, serious side effects may occur. You should not get certain vaccines while taking GILENYA, and for at least 2 months after stooping.

The most common side effects with GILENYA were headache, flu, diarrhea, back pain, abnormal liver tests, and cough.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see additional Important Safety Information on previous page.



MEDICATION GUIDE GILENYA™ (je-LEN-yah) (fingolimod) capsules

Read this Medication Guide before you start using GILENYA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment.

What is the most important information I should know about GILENYA?

GILENYA may cause serious side effects, including:

 Slow heart rate (bradycardia or bradyarrhythmia) when you start taking GILENYA. CILENYA can cause your heart rate to slow down, especially after you take your first dose. You will have a test to check the electrical activity of your heart (ECG) before you take your first dose of GILENYA.

You should stay in a medical facility for at least 6 hours after you take your first dose of GILENYA.

After you take your first dose of GILENYA:

- Your pulse and blood pressure should be checked every hour.
 You should be watched by a healthcare professional to see if you have any serious side effects. If your heart rate slows down too much, you may have symptoms such as:
 - o dizziness
 - o tiredness

feeling like your heart is beating slowly or skipping beats
 If you have any of the symptoms of slow heart rate, they will

- If you have any of the symptoms of slow heart rate, they will
 usually happen during the first 6 hours after your first dose
 of GILENYA. Symptoms can happen up to 24 hours after you
 take your first GILENYA dose.
- 6 hours after you take your first dose of GILENYA you will have another ECG. If your ECG shows any heart problems or if your heart rate is still too low or continues to decrease, you will continue to be watched.
- If you have any serious side effects after your first dose of GILENYA, especially those that require treatment with other medicines, you will stay in the medical facility to be watched overnight. You will also be watched for any serious side effects for at least 6 hours after you take your second dose of GILENYA the next day.
- If you have certain types of heart problems, or if you are taking certain types of medicines that can affect your heart, you will be watched overnight after you take your first dose of GILENYA.

Your slow heart rate will usually return to normal within 1 month after you start taking GILENYA.

Call your doctor or go to the nearest emergency room right away if you have any symptoms of slow heart rate.

- 2. Infections. GILENYA can increase your risk of serious infections. GILENYA lowers the number of white blood cells (lymphocytes) in your blood. This will usually go back to normal within 2 months of stopping treatment. Your doctor may do a blood test before you start taking GILENYA. Call your doctor right away if you have any of these symptoms of an infection:

 fever
 - rever
 - tiredness
- body aches
 chills
- CHILIS
- nauseavomiting
- 3. A problem with your vision called macular edema. Macular edema can cause some of the same vision symptoms as an MS attack (optic neuritis). You may not notice any symptoms with macular edema. Macular edema usually starts in the first

3 to 4 months after you start taking GILENYA. Your doctor should test your vision before you start taking GILENYA and 3 to 4 months after you start taking GILENYA, or any time you notice vision changes during treatment with GILENYA. Your risk of macular edema may be higher if you have diabetes or have had an inflammation of your eye called uveitis.

- Call your doctor right away if you have any of the following:
- blurriness or shadows in the center of your vision
- a blind spot in the center of your vision
- · sensitivity to light
- unusually colored (tinted) vision

What is GILENYA?

GILENYA is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS) in adults. GILENYA can decrease the number of MS flare-ups (relapses). GILENYA does not cure MS, but it can help slow down the physical problems that MS causes.

It is not known if GILENYA is safe and effective in children under age 18.

Who should not take GILENYA?

Do not take GILENYA if you:

- have had a heart attack, unstable angina, stroke or warning stroke or certain types of heart failure in the last 6 months
- have certain types of irregular or abnormal heartbeat (arrhythmia), including patients in whom a heart finding called prolonged QT is seen on ECG before starting GILENYA
- are taking certain medicines that change your heart rhythm

If any of the above situations apply to you, tell your doctor.

What should I tell my doctor before taking GILENYA? Before you take GILENYA, tell your doctor about all your medical conditions, including if you had or now have:

- · an irregular or abnormal heartbeat (arrhythmia)
- a history of stroke or warning stroke
- heart problems, including heart attack or angina
- a history of repeated fainting (syncope)
 a fever or infection, or you are unable to fight infections. Tell
- a level of inflictuoin, or you are placed to high inflictuoins. Feel your doctor if you have had chicken pox or have received the vaccine for chicken pox. Your doctor may do a blood test for chicken pox virus. You may need to get the vaccine for chicken pox and then wait 1 month before you start taking GILENYS.
- eye problems, especially an inflammation of the eye called uveitis.
- diahetes
- breathing problems, including during your sleep
- liver problems
- · high blood pressure
- Are pregnant or plan to become pregnant. GILENYA may harm your unborn baby. Talk to your doctor if you are pregnant or are planning to become pregnant.
 - Tell your doctor right away if you become pregnant while taking GILENYA or if you become pregnant within 2 months after you stop taking GILENYA.
 - If you are a female who can become pregnant, you should use effective birth control during your treatment with GILENYA and for at least 2 months after you stop taking GILENYA.

Pregnancy Registry: There is a registry for women who become pregnant during treatment with GILENYA. If you become pregnant while taking GILENYA, talk to your doctor about registering with the GILENYA Pregnancy Registry. The purpose of this registry is to collect information about your health and your baby's health. For more information, you can call the GILENYA Pregnancy Registry at 1-877-598-7237 or visit www.gilenyapregnancyregistry.com.

 Are breastfeeding or plan to breastfeed. It is not known if GLENYA passes into your breast milk. You and your doctor should decide if you will take GILENYA or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist when you get a new medicine.

Using GILENYA and other medicines together may affect each other causing serious side effects. Especially tell your doctor if you take:

- Medicines for:
 - heart problems or
 - high blood pressure or
 - other medicines that may lower your heart rate or change your heart rhythm
- Vaccines. Tell your doctor if you have been vaccinated within
 1 month before you start taking GILENYA. You should not get
 certain vaccines while you take GILENYA and for at least
 2 months after you stop taking GILENYA. If you take certain
 vaccines, you may get the infection the vaccine should have
 prevented. Vaccines may not work as well when given during
 GILENYA treatment.
- Medicines that could raise your chance of getting infections, such as medicines to treat cancer or to control your immune
- · ketoconazole (an antifungal drug) by mouth

Ask your doctor or pharmacist for a list of these medicines if you are not sure.

How should I take GILENYA?

- Your first dose of GILENYA will be given in a medical facility where you will be watched for at least 6 hours after your first dose of GILENYA. See "What is the most important information I should know about GILENYA?"
- · Take GILENYA exactly as your doctor tells you to take it.
- Take GILENYA 1 time each day.
- . Take GILENYA with or without food.
- Do not stop taking GILENYA without talking with your doctor first
- If you start GILENYA again after stopping for 2 weeks or more, you will start taking GILENYA again in your doctor's office or clinic.

What are possible side effects of GILENYA? GILENYA can cause serious side effects.

See "What is the most important information I should know about GILENYA?"

Serious side effects include:

- Breathing Problems. Some people who take GILENYA have shortness of breath. Call your doctor right away if you have trouble breathing.
- Liver problems. GILENYA may cause liver problems. Your doctor should do blood tests to check your liver before you start taking GILENYA. Call your doctor right away if you have any of the following symptoms of liver problems:
 - nausea
 - vomiting
 - stomach pain
 - · loss of appetite

- tiredness
- · your skin or the whites of your eyes turn yellow
- dark urine

The most common side effects of GILENYA include:

- headache
 flu
- diarrhea
- diarrnea
 hack nain
- · abnormal liver tests
- · cough

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of GILENYA. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How do I store GILENYA?

- . Store GILENYA in the original blister pack in a dry place.
- Store GILENYA at room temperature between 59°F to 86°F (15°C to 30°C).
- Keep GILENYA and all medicines out of the reach of children.

General information about GILENYA

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use GILENYA for a condition for which it was not prescribed. Do not give GILENYA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about GILENYA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about GILENYA that is written for healthcare professionals.

For more information, go to www.pharma.US.Novartis.com or call 1-888-669-6682.

What are the ingredients in GILENYA?

Active ingredient: fingolimod

Inactive ingredients: gelatin, magnesium stearate, mannitol, titanium dioxide, yellow iron oxide.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

GILENYA is a trademark of Novartis AG.

Manufactured by: Novartis Pharma Stein AG

Stein, Switzerland

Distributed by: Novartis Pharmaceuticals Corporation

East Hanover, New Jersey 07936

© Novartis

T2012-109

May 2012

THE MORE THE MORE THE MORE THE MORE THE MORE THE MORE



Shop our Holiday Gift Guide



bring festivities to life. Composed of seven wraps, each set

is defined by deep jewel tones and gorgeous intricacy.

VINTAGE 66 BY ALEX AND ANI
REVELRY SET OF 7 IN RUSSIAN SILVER
Wrap your wrist in enchantment this holiday season and

alexandani.com

Check out our holiday gift guide and **shop on the spot**. Blipp this page and start shopping.

AS A BONUS, ENTER TO WIN The MORE The Merrier sweepstakes and win a holiday prize package worth almost 8700! Enter by blipping this page or at MoreMustHaves.com/merrier.

Prize package includes: Alex and Ani bracelet, Personal Creations cassecole dish, \$100 Banana Republic Factory Stores gift card, \$100 Massage Envy gift card and a six-month online subscription to Rosetta Stone².



ROSETTA STONE

LANGUAGE LEARNING
Give the gift of language
this holiday season.
The Rosetta Stone® method
is the easy, fast, and effective
way to learn a new language.
RosettaStone.com/more



BANANA REPUBLIC FACTORY STORES

Shop Banana Republic Factory Stores this holiday season and find the perfect gifts at up to 50% off original prices. bananarepublic.com/factorystore



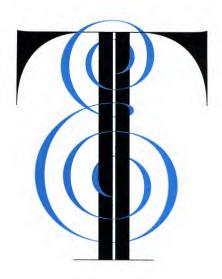
A CASSEROLE DISH LIKE NO OTHER

The most thoughtful and impactful gifts are personalized. Add a special touch with a personalized Stoneware Casserole dish for the home chef in your life. **PersonalCreations.com**



RELAXATION IS IN SEASON AT MASSAGE ENVY SPA

Give the gift of massages, facials and a stress-free Holiday with Massage Envy Spa gift cards. MassageEnvy.com



EMMA THOMPSON LIVES OUR FANTASY LIFE

IN HER CHARMING LONDON HOME, THE AWARD-WINNING WRITER AND ACTOR FINDS JOY WITH EXTENDED FAMILY, A PANTRY FULL OF COMFORT FOOD—AND A NEW BURST OF CREATIVITY. HER LATEST ROLE: CANTANKEROUS MARY POPPINS

AUTHOR P.L. TRAVERS, IN DISNEY'S SAVING MR: BANKS

BY LEAH ROZEN

PHOTOGRAPHED BY DAVID BURTON STYLED BY JONNY LICHTENSTEIN





EMMA THOMPSON calls it her "poodle" look-the unflattering hairstyle she wears throughout Saving Mr. Banks (opening December 20). In this new, very un-Disney-like Disney movie, the two-time Oscar winner plays a middleaged P.L. Travers, the cranky author of Mary Poppins and several follow-up books about the umbrella-toting English nanny. For the role, which is stirring up Oscar buzz. Thompson had her locks cut short, dyed dark brown and permed into a tight cap of stiff curls.

"Beware the hair," she warned her friend Richard Curtis. the writer-director for whom she has starred in The Tall Guy, Love Actually and Pirate Radio, before meeting him for dinner during her Travers phase. "Emma's gag that night was that she actually thought it was the style for her," he recalls. "She wasn't going to change it. She said she hoped Greg [Wise, her actor husband) would come around to the way it looked."

Apparently he didn't. "I didn't get much sex, I tell you, in those two months," she says of her time shooting Banks, which costars Tom Hanks as Travers's employer and nemesis, Walt Disney, and (in flashbacks) Colin Farrell as her magnetic, alcoholic father.

On a recent fall afternoon, Thompson, 54, is sporting a far more winsome, streaky blonde bob when she swings open the front door of her house in an unpretentious north London neighborhood. Before answering the bell, the British

star could be heard singing along to a recording of Stephen Sondheim's Sweeney Todd: The Demon Barber of Fleet Street. In her kitchen, where she has just brewed a pot of fresh ginger tea, she turns off the music while explaining that she's preparing to play pie-baking Mrs. Lovett in five concert performances of Sweeney Todd with the New York Philharmonic at Lincoln Center in March, "I am terrified," she says. (She played her last major role in a musical in 1985, when she starred in a London stage revival of Me and My Girl.)

She is home alone this afternoon. Wise, 47, the dashing actor she met and fell for while they worked together in Sense and Sensibility (1995), is shooting a movie in Italy. Their daughter, Gaia, now 14, is staying late at school to rehearse for a production of West Side Story ("She's one of the Jets. She's singing and dancing and she's loving it, I'm afraid," reports Mum). Their son, Tindyebwa "Tindy" Agaba, in his twenties, a onetime child soldier in Rwanda whom she and Wise unofficially adopted 10 years ago, is in Cairo working with a refugee assistance program he helped found. (Long active in human rights work, Thompson says, "I see it as on the same level as cooking meals for the family. I don't understand how to be alive and not be engaged in other people's difficulties, even if they don't directly affect your life.") And her assistant, who was originally her daughter's nanny ("She's my nanny now," says Thompson), is working at Thompson's office just down the street.

The day is a busy one. Before rehearsing Sweeney Todd, Thompson was wearing her screenwriter's hat. She's taking a crack at the screenplay for a long-delayed, possible third Bridget Jones movie. "They might make it, and they might not," she says with a shrug, inured to the vagaries of show business. (Thompson nabbed her second Oscar-the first was for Best Actress in 1992's Howards End-for adapted screenplay for Sense and Sensibility, based on the Jane Austen

1991 1993



MAKES her markand meets her first mate, Kenneth Branagh, in the BBC miniseries Fortunes of War: Well [long pause]. Ken, of course, who was like a kind of revolving planet on legs, just full of energy. So dazzling."



COSTABBING (again with Branagh) in the thriller Dead Again, Thompson says she loved "driving down Sunset Boulevard in an open-topped car and just feeling so excited that I couldn't sleep . . . Just Los Angeles being extraordinary



THE REMAINS OF THE DAY brings Best Actress and Best Actor nominations for Thompson and Anthony Hopkins, left, but she also remembers "[producer] Ismail Merchant making huge curries at the end of these impossibly long weeks."



"WE FIRST MET 24 YEARS AGO," SAYS HER FRIEND AND COSTAR TOM HANKS. "SHE WAS SO NO-NONSENSE YET SO MUCH THE PROFESSIONAL ARTIST— JUST ALL-ABOUND FANTASTIC."

emy Awards for both writing and acting.) She's also in the midst of publicizing her second children's book featuring Beatrix Potter's beloved bunny, The Christmas Tale of Peter Rabbit. (Potter's publisher gave Thompson a three-book contract to continue the series.) And, oh ves. she's feeding nine for dinner tonight: chicken and ham pie. along with freshly picked runner beans from her garden. "For once in my life, I did not make it," says Thompson. an enthusiastic cook, of the pie. "I ordered one because I just didn't have time."

novel; she remains the only

person to have won Acad-

Despite her packed schedule, she is more than happy

to settle in on an overstuffed white couch, tuck her bare feet and midnight-blue toenails beneath her and discuss Banks, her career and her life. Thompson answers questions thoughtfully, laughs often and keeps pushing refreshments on me, starting with a steaming mug of ginger tea—"Nice, huh? And good for you"—which is followed by a tempting array of cupcakes and cookies. "The brownies are gluten free and yegan." She saws. "because one never knows these days".

Thompson is disarmingly direct and genuinely friendly. John Lee Hancock, who guided Sandra Bullock to an Oscar in *The Blind Side* in 2009 and directed Thompson in *Banks*, says, "I think the most unexpected thing about her is how accessible and normal she is." He recalls a day filming on location near his house in Pasadena, California: "People from the neighborhood came by Emmawas just lovely. She would ask them questions about their lives and not just pretend to be interested, but really wanting to know. They all just loved her."

That Thompson in real life is so genial makes all the more impressive her incisive portrayal of Travers, a perpetual sourpuss, in Banks. The movie is about how pioneer animator and theme park founder Disney determinedly wooed the reluctant author, bringing her from London to Los Angeles,

to win the movie rights for Mary Poppins. "The film deals with a very particular patch in her life and going to a place that she loathed and didn't approve of," says Thompson.

Disney succeeded, and the 1964 movie musical went on to gross more than \$100 million and make a star of Julie Andrews, who won an Oscar; as proof of *Poppins*'s staying power, the Broadway musical based on the film ran for nearly seven years.

As part of her preparation for the role, Thompson read all of Andrews's communications with Travers. "I could tell from the correspondence—she was so nice to P.L., and P.L. liked her a lot. [Andrews] was very voung at the time, and her

1995 1998 2003



ADAPTING Jane
Austen's Serse
and Sensibility for the screen,
Thompson recalls
"[future husband]
Greg coming
in and being so
open and uncool.
A lot of the guys
coming in wanted
to be cool. He
was enthusiastic."



PLAYS a character modeled on Hillary Clinton (with John Travolta, left) in Primary Colors: "Monica Lewinsky was happening as we were shooting. Talk about stranger than fiction!"



ABOUT Love Actually she says, "People will come up to me and say, "There's one scene..." It's the one where [my character] realizes her husband is cheating. It made me realize everyone has had their heart broken."

MORE QUESTIONS FOR Emma Thompson

MY NUMBER-ONE RULE WHEN STRIVING TO ACHIEVE MORE IS ...

To let myself drop the ball occasionally.

IF YOU COULD START OVER, WHAT WOULD YOU DO MORE OF?

Deep breathing.

WHAT DO YOU APPRECIATE **MORE AS YOU AGE?** Still being alive.

I WISH I HAD MORE TIME FOR ... Staring into space in a

vacant fashion. MORE WOMEN SHOULD ...

Ignore anyone saying they "should" do things. WHAT DO YOU CHERISH MORE

THAN ANYTHING ELSE? My freedom. THE WORLD COULD USE A

LITTLE MORE ... Orchestrated silliness.

WHAT IS MORE IMPORTANT TO YOU TODAY THAN IT WAS 20 YEARS AGO?

The state of my underwear.

WHAT'S MORE TERRIFYING **THAN FAILURE?**

Success. But you all knew that.

MORE WOMEN SEEK TO AGE **GRACEFULLY. WHAT'S YOUR** ADVICE?

Stop thinking about it. Get a life. Good grief.

letters are all going, 'It's so lovely and this is exciting and you're marvelous.' You could just see that she's thinking underneath, Oh, I hope it's all right, I hope she doesn't turn. Because if Travers turned, it was really, really bad,"

But it was the Travers-Disney bond that intrigued Thompson, and she iumped at the chance to do the film. partly to work with Hanks, a longtime friend, "We first met 24 years ago." he recalls, "when I visited a makeup trailer [on the set of Dead Again] for a free haircut from a stylist I knew. I had seen Emma in Henry V and was over the moon about her, so we chatted while she worked and I saved money.

"She was so no-nonsense vet so much the professional artist-just all-around fantastic," he says, adding that many dinners over the years confirmed that initial impression. For her part, Thompson says when the chance to work together in Banks sprang up, "I remember ringing him and saving, 'Oh. Tom, this is good because it's such an interesting relationship."

Hanks was bowled over by their very first scene together as Disney and Travers: "She was pitch-perfect from the get-go-she'd better say I was, too!-so what ensued was a magnificent game of back-and-forth. She kept delighting me and spurring on the scene, so that the concept of it being work went right out the window"

"It was wonderful to play this relationship between two people who've been very damaged as children and yet responded to that damage differently." Thompson says. "Walt expressed it with a kind of huge, sometimes misplaced optimism and faith in human nature. [Travers believed] there is great darkness in life and if you want

to really serve children, you include the darkness. You don't shy away from it, which is why she hated Disney so much. It's not a romantic relationship. It's a relationship between two artists. and that's what's so interesting."

She was also attracted to the proiect by the complexities of Travers, a difficult woman who died in 1996 at age 96. The film frequently flashes back to Travers's childhood in Australia, where her mother attempted suicide and her father died when she was seven. Thompson, who thoroughly researched the author's life, ticks off other major markers: Travers had an early career as an actress, moved to England and became a writer, adopted a child as a single mother at age 40 (the baby had a twin, but Travers opted to take only one of them) and pursued various mystic paths her entire adult life, "She was a searcher, And I don't think she ever found what she was searching for," says Thompson. "She certainly didn't find it in the men she loved. She had relationships with women that we don't know if they were sexual relationships or not. I thought probably not." Portraying Travers proved chal-

lenging. "She was profoundly inconsistent, and that's not an easy person to play," Thompson explains, "But it's fascinating because vou're wholly engaged at all times and can go in so many directions," All that engagement took its toll. CONTINUED ON PAGE 118

ALEXANDER MCQUEEN silk knit dress; bergdorfgoodman.com. SETHI COUTURE 18k white-gold and diamond hoop earrings: sethicouture.com, Page 75: DOLCE & GAB-BANA wool blend jacket and wool pants; barneys.com, DONNA KARAN jerseu top; donnakaran.com.

2004, 2007, 2011

2005, 2010

2006



JOINS the legion of great British actors making magic in the Harry Potter series: Honestly, once you put the wig and the glasses on, you don't have to do much elseinet etumble about and say the lines."

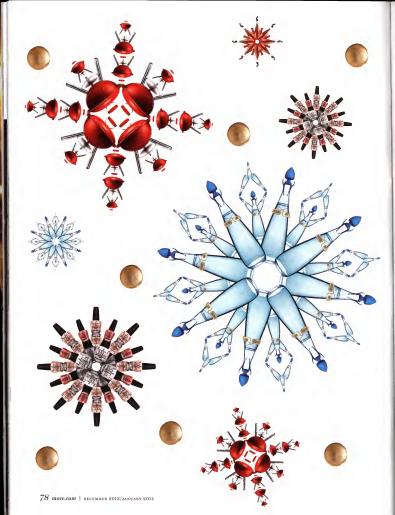


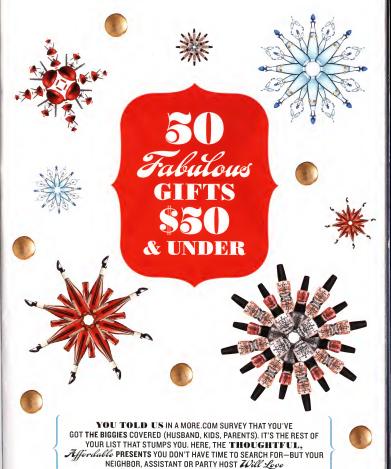
COWRITING and starring in two Nanny McPhee films, Thompson says, "I felt like an oyster. You just stick a bit of grit into your gut and work on it. The movies are the pearls. Long period of development."



SMOKING! I had to smoke the real thing. I smoked about 50 fags a day! I just wonder if I get lung cancer if I'll be able to sue anvone," she says of the comic fantasy Stranger Than Fiction.







BY LAUREN MURROW . PHOTOGRAPHED BY GISEL FLOREZ

MEAT CUTE

The perfect gift for apartment dwellers (or anyone learning to cook): Bodum refines the typically unwieldy picnic grill into a sleek-and smallmachine. A mini charcoal grill with silicone handles, the Fyrkat has an easy-to-clean. removable cooking rack and a grease catcher, bodum .com: \$50

ARM CANDY

Had your fill of green and red? This gold-plated bangle with clear glass stones feels festive but not too fa-la-la. Wear it alone or sandwich it between a wristful of gold bangles. cwonder.com; \$38

SPREAD 'EM!

Whether it's for a lover of Dagwood sandwiches or a gourmet who hunts truffles. Empire Mayonnaise's whitetruffle mayo is a slathered-on game changer. Our favorite combo: white-truffle mayo on a falafel and pickle-filled pita. empiremayo.com; \$8

BREAKFAST IN NEW ORLEANS

Waking up is more fun with Southern Culture's madefrom-scratch pancake mixes in six artisanal flavors: banana pudding, sweet potato, oatmeal raisin, strawberry shortcake, vanilla and bourbon salted pecan. Bonus: The last two are vegan friendly. ahalife.com; \$48 for a set of six assorted flavors

LIP SERVICE

Fresh Sugar Bare Lip Treatment Set softens chapped skin and lends cold-weather protection, along with a subtle nude or pinky-brown sheen, sephora.com; \$36

CHILL SEEKER

When the fire's stoked, keep the wine cold with a VinOice Wine Chiller. The contraption's steel rod cools wine to perfect drinking temperature while the rubber and steel pourer on top prevents spills. corkpops.com; \$28





SWEET DEAL

Sugarfina's Happy Holidays 3-Piece Set of sweets replaces ho-hum seasonal flavors with confections like chocolate-covered berries. peppermint malt balls and pumpkin pie caramels. sugar fina.com; \$20

HERBS FOR URBS

Your giftee doesn't need a yard to reap the rewards of this organic seed kit by Fire Escape Farms. The prettily packaged basil, chives, dill. cilantro and chervil seeds all thrive in windowsill pots. fireescapefarms.com: \$10

LIGHT ELEPHANT

This ceramic Catherine Elephant Lamp from Happy Chic by Jonathan Adler for JCPenney is suitable for kids' bedrooms or as a cheery hallway guide for overnight quests. jcpenney.com; \$50

ALCOHOL-FREE FIZZ Jonathan Adler's Champagne Pop Candle makes the perfect New Year's Eve hostess gift-one that won't be guzzled by the time the clock strikes midnight. It's scented with pink grapefruit, raspberry, cassis, violet, mint and (of course) Champagne. jonathanadler .com; \$42

CLEAN UP YOUR ACT

Lather's moisturizing bars, 6 Soaps-a-Sudsing, are all olive oil based and naturally scented with essential oils. flowers and herbs. lather.com: \$38 for six

ZING BEARER

After vou've consumed your umpteenth frosted sugar cookie, a little spice may be a welcome change of pace on the holiday cocktail party circuit. The Spice Lab Chili Head Salt collection contains jalapeño, habanero, smoked serrano and Asian Szechuan-flavored salts. Bring on the heat! thespicelab.com; \$30 for a set of four >>

13

#INSTAMEMORIES

Aussie company Origrami transforms your most-liked Instagram shots into framable prints, from 4-by-5-inch Polaroid-style photos to true-to-form 4-by-4-inch squares. origrami.com; 36 prints from \$18

14

KIDDIE CLASSICS

It's never too early to introduce the classics. Alison Oliver's Babylt series transforms stories from beloved authors like Jane Austen, Charlotte Brontë and Lewis Carroll into colorful counting primers. blueribbongeneral store.com: \$10

GILTY PLEASURE

To fit in with the season of glitter and glitz, macarons from Dana's Bakery in Manhattan are Champagneflavored and golden hued. danasbakery.com; \$33 for 12

O HOLE-Y KNITS

These witty, recycled cashmere iron-on patches, available in a range of hues and styles, resuscitate holeriddled wool and cash-mere knits. No needle needed. blueribbongeneralstore.com; \$14 per pair

17

ALL LACQUERED UP OPI's Take Ten Mini Lacquer

Set touts a spectrum of seasonal polishes, from the demure Alpine Snow to the vampy Lincoln Park After Dark. ulta.com; \$25

18 CREAM OF THE CROP

This nongreasy Hand Cream from Kai, the cult fragrance line, softens dehydrated winter skin with a combination of shea butter, sunflower oil and aloe vera. barneys.com; \$19

SAUVIGNON SIPPY

Feel free to get tipsy with these insulated plastic wine tumblers, Vino2Go. They're spill proof and party perfect. theproductfarm.com; \$13





HEAVEN SCENTS

Just because it's the holidays doesn't mean your recipient wants to smell like a gingerbread cookie. This no-wraprequired Jo Malone London Christmas Cracker contains miniature body wash, cream and fragrance in some of the line's best-selling scents. iomalone.com; \$40

ADEPT ADAPTER

The 4-in-1 Adapter can travel a long way-all the way to Australia, in fact. The four color-coded segments fit into plug configurations in more than 150 countries, meaning no one need suffer a bad hair day on holiday. flight001 .com; \$25

22

TWO-TIMER

Your giftee can listen to music, movies or NPR in tandem with a friend, thanks to this packable Rockin' Splitter, which enables two people to plug into one device at the same time. cb2.com; \$10

LOOK GOOD, DO GOOD Add a splash of color to your

recipient's wardrobe with a stack of Figue African rubber bracelets. Each purchase contributes to the care of children in Senegal through the Made with Love Project, a nonprofit that aids women and children in need. figue .com: \$15 for 10

BUZZWORTHY

Your friends don't have to sacrifice a nightcap to rock a slinky party dress. Treat them to a little carousing with Miami Cocktail Company's sugar-, gluten-, sodium- and carb-free-but surprisingly flavorful-mixed cocktails, crownwineand spirits.com; \$15

BEST VEST

Don't let the lightness fool you: Though Uniglo's nylon vest can be scrunched into a fist-size pouch, the down filling keeps you cozy on the slopes or the bleachers. uniqlo.com; \$50 >>

26 GIVE THE HOSTESS A HAND (CREAM)

Caudalie's Small Harvest Hand and Nail Cream Trio, inspired by the company's own vineyard in Bordeaux, makes a great gift for a party host already inundated with bottles of bubbly, caudalie.com; \$25

NOUVEAU NOODLES Small-batch pasta maker Sfoglini offers inventive flavors like Porcini Mushroom Trumpets and Everything Bagel Fusilli, using organic semolina flour and seasonal ingredients from New York

farms. sfoglini.com; \$8 HIGH (END) TEA

Thrill a tea lover with Davids-Tea Forever Nuts Tea, a zesty mix that turns vivid pink as it brews. To help your friend truly appreciate the drink's quirky color, include the DavidsTea Perfect Glass Mug; it provides full-viewing pleasure as well as a stainless steel infuser so you can steep in and sip from the same vessel. davidstea.com, tea, \$7; mug, \$20

NORA, WE ADORE-YA

The Most of Nora Ephron bundles an impressive selection of the writer's work into one hardcover. The assorted bonbons include her When Harry Met Sally screenplay and Lucky Guy, her final stage play, amazon.com; \$35

MUSICAL NOTES

Leonard Bernstein was famous as a conductor and composer (West Side Story), but The Leonard Bernstein Letters, edited by Nigel Simeone, highlights what happened offstage via never-before-published letters to famous friends such as Jackie O. amazon .com; \$38

BRIDGET IS BAAACK! Great Britain's favorite

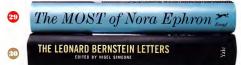
snogging, smoking, shagging antiheroine returns in Bridget Jones: Mad About the Bov. amazon.com: \$27

















32 MALALA SPEAKS

Malala Yousafzai was shot by Taliban extremists, was nominated for the Nobel Peace Prize and made a speech at the United Nations—all by age 16. The Pakistani child-activist's memoir, I Am Malala, is an eye-opener in the fight for girls' education equality. amazon.com; \$26

33 ITTY-BITTY Amplifier

Place your smartphone atop this compact Interactive Speaker to amplify the volume, no wires required. Perfect for impromptu sing-alongs. momastore.org; \$35

WE'LL NEED TO SEE

Drape these cheeky gold tags from Happy Chic by Jonathan Adler for JCPenney around the neck of a bottle of bubby—or a wine decanter like this one, also from Happy Chic—to up the festive factor at a holiday gathering.

LONG-LASHING RESULTS

Call it a come-hither kit: Sephora Favorites LashStash contains 10 of the store's best-selling mascaras, including fringe fatteners from Clinique, Benefit and Lancôme. (Bonus: a set of falsies.) sephora.com; \$45

36

PARTY CRACKER

Give guests a parting memento with Jouer's Sparkle & Shine min gift boxes. Each one includes trinkets such as a party horn, lip gloss, a bookmark, a hair tie or jewelry. jouercosmetics .com; \$16 each or \$58 for a set of four

37

LUXE AU LAIT

SOAP STARS

Tree bark. Moss. Wood. Juniper Ridge Wildcrafter Trail Crew Soaps-made from field-foraged oils and backcountry plant extractsare perfect for anyone who adores the great outdoors. iuniperridae.com; \$35

SWEET CREAMS You don't buy Jeni's Splendid Ice Creams for classic chocolate and vanilla. The unconventional flavorssuch as Goat Cheese with Red Cherries (it's deliciousreally!), Sweet Potato with Torched Marshmallows, and Whiskey and Pecans-are worth the price. jenis.com, \$12 per pint

40

NIGHT-OUT NAILS Help a pal primp for a party with Nars's latest naillacquer set (inspired by fashion photographer Guy Bourdin). It contains such compliment-fetching shades as Shameless Red, Dance Dance Dance (electric purple) and Manosque (smoky lavender), narscosmetics.com; \$35

41

BITSY BLING

Tilly Doro's teensy 18k goldplated bumblebee or anchor earrings add subtle sparkle to any holiday-party ensemble. brika.com; \$18 each

42

LET THEM EAT CAKE!

Kids' party cake gets a highbrow makeover with Momofuku Milk Bar's bite-size b'day cake truffles. Rainbowsprinkle-infused vanilla cake is dipped in white chocolate and rolled in a rainbow-sprinkle crumble. They're ridiculously delicious. milkbarstore .com; \$16 for 12

43 BIKE MACGYVER

Make on-the-go tune-ups a little less aggravating with this 3.5-ounce Victorinox Swiss Army Bike Tool. The impactproof case contains a stainless steel adapter, eight screw bits, an L-wrench and a tire lever for roadside fixes. momastore.org; \$48



















44 BEST OIL CHANGE

Freshen your EVOO approach with Stöger Oil's awardwinning cold-pressed oils made from tomatoes and cherries—tangy toppers for salads, cheese or bread. stogeroil.com; \$25 each

45

HIP TO BE SQUARE
These Kate Spade Saturday
party-ready necklaces,
with rectangle charms, are
statement making but not
serious. saturday.com; \$40

46

BOOTIE CALL

Ward off that tile-floor chill with these Loft faux-fur slipper-bootles—the ideal present for the chronically cold-blooded. loft.com; \$40

47

HEY, GIRL, I GOT YOU A GIFT

Ryan Gosling—the man, the meme—gets the black-and-white treatment in this tongue-in-cheek coloring book, Colour Me Good, by illustrator Mel Simone Elliott. bluenibbon generalistone.com; \$13

JUICE BOX FOR

Sip wine at a park or an outdoor concert without schlepping a corkscrew. The portable Stack Wines tower,

portable Stack Wines tower, available in four varieties, holds the equivalent of a full bottle and is already split among four sealed cups. drinkstack.com; \$13

49 POWER BAR

POWER BAR Keep a friend from being

stranded with a dead phone by gifting her with the Power Mate Plus iPhone Backup Battery; it stores enough juice to boost the battery up to 42 percent. birchbox.com; \$29

50

PARTY PUNDIT

These Literary Quote Cocktail Plates are printed with wry quips from Dorothy Parker. Our favorite: "If you wear a short enough skirt, the party will come to you." h. com; \$49 for four plates \$







Your Mang Objective at

Enjoy what you've got

YOUR HAIR may never look better than it does right now-so wear it well. "At this point, your hair is still pretty full, and most women are taking better care of themselves than they were in their twenties," says Nunzio Saviano, owner of an eponymous salon in New York City, "As a result, their hair is often healthier now than it was then." One potential pitfall? The thirties often see a rise in stress levels as women become more "life invested than they were in their twenties," says Liz Cunnane Phillips, a trichologist at the Philip Kingsley Clinic in New York City. Just as they're becoming more serious about their careers, they're often having babies, which forces them to juggle the demands of work and family, she continues. The resulting stress produces spikes in cortisol, which can cause temporary hair shedding. To combat this condition, Cunnane Phillips recommends exercise, the great tension reliever, and proper nutrition. "Life isn't going to get any easier, and good eating habits become crucial to hair health later on," she says.

Defeat dryness

MOST PROS say it's time to start using a hydrating shampoo and conditioner, even if your hair doesn't feel that dry, "In our thirties, we start to lose lipids in our scalps, similar to what is happening on our faces, so we need to up the ante on moisture," says Chelsea Scott, founder of the TruHair product line (hsn.com). Other pros agree it's time to start hydrating, if for no reason other than to establish good habits before your dryness issues start. Try LOrdal Paris Advanced Haircare Power Moisture Shampoo and Conditioner (Ss each drugstores).

This is also the time to buy a grownup brush: no more raking through strands with a plastic comb. "Brushing your hair is key. The whole 100-strokes-a-day idea went out of vogue for a while, but it's back because there is a benefit to regular, therapeutic brushing," says Saviano. "As we age, hair follicles shrink and eventually die. So now is the time to stimulate them with vigorous brushing, which keeps them healthy longer." His advice: Use a small boar-bristle brush like Mason Pearson's (\$88 and up; bigelowchemists .com), since natural hairs don't tug on and break strands, and stroke your hair in every direction-"forward, backward, side to side"-for a minute. If your hair is straight, brush daily: if it's wavy or curly, do it before shampooing.

Let your lifestyle dictate your hairstyle

BECAUSE YOUR NAME is probably in good condition, you have the luxury of a wide range of styles. "The thirties is a sweet spot for your hair," says Saxiano. "You can wear a pixie because your skin is still radiant and your neck is still smooth. Or you can show off your enviable hair by letting it grow down your back." Several pros point out, however, that if your life is more hectic than it's ever been, you may want to consider a style you can realistically maintain

on your own. "I try to steer my busier clients toward cuts that look good even when they don't have much time to fuss, such as a midlength style with light layers," says Juan Carlos Maciques, a stylist at the Rita Hazan Salon in New York City. Adir Abergel, a Los Angeles-based stylist, concurs, "I have two different kinds of 30-year-old clients: those still unencumbered by family, who have the time for a more high-maintenance style, such as Jessica Biel's blunt bangs and long layers; and the young moms who can't be a slave to having a cut every six weeks," he says, "For them, I suggest a long bob with angled bangs, because the grow-out process is pretty painless."

Consider color (yep, this means you)

MANY THIRTY-SOMETHINGS notice that their natural color is becoming darker and duller, or they spot their first grays; sometimes they experience both, says Kyle White, lead colorist at the Oscar Blandi Salon in Manhattan, For natural blondes, the solution is simple: Start highlighting (if you haven't already). This camouflages the gravs and at the same time brightens the mousiness. For red or dark hair that is sprinkled with silver, White suggests a semipermanent dye to mask the gray. It's the "kindergarten of hair color," he says, and a good first step for someone who has never colored before. as the shade fades naturally. And, finally, if the tone of your red or dark strands is becoming dull and drab. Rona O'Connor, a Los Angeles-based colorist, suggests adding a few discreet, thin highlights around the face or on the ends of the hair. This subtly brightens, she says, without altering your overall shade or setting you up for frequent maintenance. >>

Brace your hair for hormone havoc

"IN YOUR FORTIES hair falls into the same category as reading glasses," says Cunnane Phillips, "Some days your eyes seem fine, and other days you can't make out the menu. Your hair plays similar tricks on you. One morning it looks the same as always: the next, you swear your part is getting wider." The culprit? Hormone imbalance (hello, perimenopause) is usually the reason our strands become skinnier and less plentiful. But several experts say they've seen a number of fortysomething clients with iron deficiency (aka anemia) or thyroid malfunction who complain of significant hair loss, so it's important to consult a doctor or trichologist if you're concerned. "In my experience, early intervention is key." says Saviano. "You can't turn back the clock, but you can keep [hair loss] from getting worse." Better news: Cunnane Phillips says your hair fiber is still quite strong, and while hair is a bit drier now than it was in your thirties (following the same pattern as your skin), the dehydration is usually nothing that consistent conditioning can't handle.

Fight back on four fronts

TREAT YOUR HAIR as you would your face. In addition to a hydrating shampoo and conditioner, experts suggest expanding your regimen to include

the hair version of a night cream-a deep, once-a-week mask. Scott recommends alternating two deep conditioners: one week, an extra-rich formula that is all about hydration: the next, a mask laced with keratin (aka hair protein) to keep the fiber strong and prevent breakage. Her picks: Kérastase Nutritive Masquintense (\$63; kerastase-usa.com) and Fekkai PrX Reparatives Intense Fortifving Mask (\$49; fekkai.com).

Cunnane Phillips suggests using a product that works directly on the scalp, since its health will affect new hair growth. Two to try: Philip Kingsley Stimulating Scalp Mask (\$9; philipkingslev.com) or John Masters Organics Deep Scalp Follicle Treatment and Volumizer (\$23: john masters.com). And if the thinning is pronounced in spots-or if your hairline is steadily marching away from your forehead-Cunnane Phillips says to consider spot-treating those areas with minoxidil, the active ingredient in Rogaine. DS Laboratories also makes a product, Spectral DNC-N (\$40: dermstore.com), that contains an ingredient similar to minoxidil. called nanoxidil, which gets favorable reviews from users because it is absorbed quickly and is not sticky.

Finally, most pros emphasize good nutrition, with special attention to your intake of protein and iron (the latter is particularly important if perimenopause is making your periods heavier than they used to be). Also, take a multivitamin and/or something that contains biotin to be certain enough nutrients reach your nonessential tissuesnamely, your hair and nails, "You want to do all vou can to ensure vou're growing your best head of hair, so nutrition matters," says Cunnane Phillips.

Choose length based on hair health

IN YOUR THIRTIES, your primary considerations in choosing a cut were your lifestyle and your willingness to spend the time and money needed to

maintain the look you chose. While those factors still count in your forties, so does the general condition of your hair. If you notice some thinning. Saviano says, try cutting your hair to your shoulders or collarbone to make it look fuller instantly. But don't cut too many lavers; Saviano says that can make the ends look straggly. If you see some thinning around the hairline or temples ("very common," says Cunnane Phillips), you may want to add bangs-either the kind that falls straight across your forehead or a longer, sideswept fringe. And if you belong to the genetically tress-blessed club, along with Jennifer Aniston and Connie Britton, by all means wear your hair as long as you like, for as long as you can, says Scott.

Devise a game plan for gravs

"ALMOST ALL WOMEN will see some gray by the end of this decade," says White. While semipermanent color may suffice for those who see only a sprinkling of silver, most will have to graduate to permanent dyes, White says. That being so, you'll be happy to know that in the past five years, "there have been huge advancements in hair color-now there are good options that don't contain drying and damaging ammonia," says White. His favorite: L'Oréal Professionnel INOA. As for tonality, O'Connor says that almost everyone this age will benefit from going a little brighter around the face: "For those who really resist lightening their hair, I just subtly lift the color at the hairline to make them look sunnier and refreshed and leave the rest of the color dark." Finally, women who have decided to embrace their silver strands may want to lighten their overall color a little while the grays grow in. That way, the contrast between new and old growth is less obvious, and the grow-out less tedious. »







Give your tresses a pep talk

DURING THIS DECADE, most women go through menopause, which leaves hair drier. Gravs dominate, making hair coarser and duller than it was 10 years ago, and Cunnane Phillips says most women will have some thinning by now (though if you've battled unruly, thick hair, this may be a welcome change). Finally, she points out that some may be coping with health challenges such as high blood pressure or cholesterol, and medications prescribed to control them can harm the hair's density or luster. It's not all downhill, though. Dryness and density usually stabilize by the end of your fifties, so the ensuing decades shouldn't present any more unwelcome surprises.

Hydrate, hydrate, and did we mention...hydrate?

DRYNESS IS the most common complaint now, so it follows that most pros recommend hydrating at every turn; a moisturizing shampoo and conditioner, a once-a-week deep mask and a leavein conditioner if your hair is really parched. Some to try: Living Proof Restore Shampoo, Conditioner and Mask Treatment (\$28, \$28 and \$42, respectively: livingproof.com) and Nexxus Youth Renewal Rejuvenating Elixir (\$18: drugstores). Rich products can build up on the scalp, however, so White recommends using a clarifying shampoo weekly-or dabbing your scalp with an astringent such as Sea Breeze-to keep hair follicles from clogging and impeding growth. If you are shedding hair at a rate you deem alarming, Francesca Fusco, MD, a cosmetic dermatologist in Manhattan, says to first make certain you are eating well (and in particular are consuming enough protein) to ensure your hair and scalp are well fed. You should also be exercising to lower cortisol levels, since stress can exacerbate fallout, Finally, she suggests seeing a dermatologist to discuss more-aggressive hair-reviving measures, such as minoxidil (in products like Rogaine): Latisse (the serum that is FDA approved for evelash growth but that some doctors are using off-label on the scalp); iniections of PRP (platelet-rich plasma), which contains growth factors believed to stimulate hair follicles: and laser phototherapy, which is said to boost scalp-cell energy levels and maximize follicle activity.

Soften your style

**THE FIFIES should be all about softness," says Maciques. Saviano concurs: "Go for a cut that has body and movement. Anything harsh will be aging. And if you've never used rollers before, now is the time. The goal is to lift the hair off the scalp." None of the pros we spoke to wanted. Yown of ong hair (consider the lustrous locks of Demior Julianne-Moore). But most say the majority of their fifty-something clients look chicest in cuts that fall just below the collarbone or shorter. A few outstanding haircuts on over-50 celebs: shaggy pixies on Angela Bassett and Ellen DeGeneres, bobs on Jodie Foster and Katie Couric and shoulder-length waves on Shervl Crow and Michelle Pfeiffer, Several pros add that many of their 50-ish customers invest in clipon hairpieces to add fullness. Although synthetic varieties are available at most beauty-supply stores, the stylists we spoke to said they prefer to see women enlist the help of their stylist or colorist, or both, when it comes to extensions. "A professional will direct you to what looks best, will be easiest for you to useand will inflict little or no damage on the hair. Good hairpieces should be like good plastic surgery: They elevate your look but are not obvious," says Abergel,

Add light around your face

"NO MATTER how good your skin is, having dark hair now looks harsh," says White, "Imagine putting a photograph in a black frame . . . then envision the same photo in a cream frame. The lighter frame makes the photo look softer." And while White concedes that not everyone needs to be blonde, he is adamant that women with dark or red hair look better with a few highlights. "They make the hair look as if it has more depth; they also create the illusion of fullness," he says. At the other end of the spectrum, colorists warn against going too blonde. "You'll look washed out," says White, What helps: making sure deeper tones are mixed in with the bright. And if you elect to go silver? Every two weeks, shampoo with a purple-toned formula to keep dingy vellow tones at bay. An oldie but still goodie: Clairol Professional Shimmer Lights (\$9; sallybeauty.com), Finally, while this applies to any fifty-something suffering from a lack of luster, it's imperative for those with silver strands: Visit the salon every two months to get a gloss-or try an at-home version, such as John Frieda Luminous Glaze Clear Shine Gloss (\$10: drugstores).



Relish your hair renaissance

AFTER MAJOR hair changes in your fifties (dryness, an explosion of gray, a feeling of "Where did my hair go?"), things have calmed down. In fact, "your hair may actually improve" as your hormones stabilize, says Saviano. Several pros we interviewed also remarked that what makes women in their sixties most attractive is that they accept themselves enough to go with the hair they have rather than try to reclaim the look they once had. Finally, Cunnane Phillips points out that many women retire in this decade, travel more and make more time for themselves-and their hair!

Fight flatness

A GOOD moisturizing shampoo, conditioner and weekly deepconditioning mask should be in your lineup. But now aim for products that provide weightless moisture so your thinner, more fragile locks won't fall flat. A few we like: Pantene Aqua Light Shampoo, Conditioner (\$4 each; drugstores) and Goldwell Dualsenses Rich Repair 60 Sec Treatment (\$19; ulta.com), "I encourage women to scale back on shampooing if possible-to every other day or even every third day." says Scott. This helps prevent overstripping of the hair's natural oils

and the scalp's lipids, and your hair will suffer less breakage because you aren't doing the whole blowdrying-and-styling routine daily. To extend the life of your wash, find a good dry shampoo, such as Aloxxi Dry Shampoo (\$20; aloxxi.com).

Consider a chic short cut

MOST STYLISTS are unwilling to totally reject the idea of long hair after 60, but they aren't talking it up either, "To the shoulders, lightly layered" is a more popular suggestionor very short, "Many women at this age have the confidence to pull off a short cut," says Saviano, Two over-60 celebs to emulate: Isabella Rossellini and Helen Mirren. Then there's the whole stiff-hair issue: Because over-60 hair is coarser and drier, some women deal with strands that stay put too well, creating a hair helmet instead of a 'do that swings. A short cut solves that problem, says Saviano, since it isn't meant to move around. And if you do elect to wear your hair long, most pros say to use a product that provides a soft, shiny finish, Try Living Proof Satin Hair Serum (\$29; sephora.com).

Brighten or whiten

LIGHTER HAIR COLORS or highlighting will take years off your appearance," says Scott. "Look at Meryl Streep or Diane Sawyer. They've both gone lighter as they've aged. and it keeps them looking fresh." Embracing your natural silver can also be beautiful: just be sure to wash twice a month with a purple shampoo, such as Matrix Total Results So Silver Shampoo (\$9; drugstores). White emphasizes getting frequent salon glosses (monthly if possible) or doing one at home, because whatever your color, it is apt to lack shine. An at-home option: Oscar Blandi At-Home Salon Glaze (\$27; oscarblandi.com). *

HOW TO FAIL SUCCESSFULLY

NOT EVEN THE MOST BRILLIANT BUSINESSWOMAN OR TALENTED ATHLETE GETS EVERYTHING RIGHT.

SO WHAT MAKES YOU THINK YOU SHOULD?

THE KEY IS KNOWING HOW TO TURN TODAY'S FLOP INTO
TOMORROW'S TRIUMPH. IT'S EASIER THAN YOU MIGHT THINK

BY LIZA MUNDY

ILLUSTRATED BY BRIAN REA





NOT QUITE A DECADE AGO, Maria Klawe, then the highly regarded dean of the School of Engineering and Applied Science at Princeton University, was recruited to become the fifth president of Harvey Mudd College, an elite Southern California school specializing in science, engineering and math. Klawe's recruiters at the college rold her they wanted a bold and visionary leader—a change agent who would bring new thinking to the school and how it was run.

Klawe (pronounced KLAH-vay) took them at their word. She charged in and proposed new majors, such as science journalism, that faculty complained were nontraditional; created a senior leadership team that unnerved staffers who were not accustomed to working collaboratively; and generally underestimated the extent to which the academic community would resist her zealous efforts to execute her mission. She also answered questions in meetings so quickly that listeners fels he wasn't being deliberative or thoughful.

Now, when she gives speeches, "I often talk about what went wrong in my first year," says Klawe, a frank, good-humored computer scientist who can hardly name all the innovations she proposed that freaked people out. Not that the outcry was unexpected: "There have been many times in my career when I pushed harder for change than most people were ready for." At the University of British Columbia, for example, she felt that the department she headed, computer science, was drastically underfunded compared with the older, more established physical science departments. "I fought for this, and over time the budgets became more equitable—which those other departments resented enormously," she says. By the time she landed at Harvey Mudd, she knew that when people object to your leadership, there's no point in protesting. You need to try to recover, then find an effective path forward.

For Klawe, this meant working with an executive coach to develop a leadership style that was slower paced as well as more strategic and reflective. She learned to "seed" certain ideas by asking a like-minded colleague to propose the change rather than having it come from her between the strained herself to listen actively and avoid interrupting. "I learned how to be much less energetic and dynamic, a lot quieter," says Klawe, who has been known to paint with watercolors in meetings to slow herself down. "It really took a huge change." And her new approach was noticed: She says any number of faculty and board members have told her that because she accepted criticism on her first-year performance and set about transforming herself as a leader, they came to trust her immensely. Once she had their support, she began the process of taking a really good school and making it great. "I'm a big believer in failure." Klawe says, "I don't know of any successful person who hasn't failed tost of times."

MOST TERRIFYING MDMENT: "Raising my first real round of capital was excruciating. Here I was, a mom in Philly. I don't fit the whole Silicon Valley persona, even though I have this thriving business. After nine months of relentless capital raising, I was on the phone with a group of women who were going to commit a quarter of the funds, but they would not give me a date to close. I said, 'How about we close in six weeks?' and they told me I was too pushy, and they pulled out. At the time, my marriage was on the brink, my children were screaming in my bed in the middle of the night, and everything was based on my ability to close this round, I felt like a complete failure."

HDW SHE GDT THRDUGH IT: "I cried all night. I stayed up shaking. My fear was that the withdrawal was going to send a warning signal and make the rest of the investors nervous. Fortunately, that didn't happen."

WHAT SHE LEARNED: "It doesn't matter how desperate you are; your desperation does not translate into somebody else's urgency. Part of being an entrepreneur is that you get up the next day and shake it off. Now I give myself two hours to cry about any failure. Then it's back to work."

COULD YOU WEATHER THE STORM?

KLAWE'S view of failure is symbolic of a broader trend in our culture. Far from being something shameful or harmful, failure is now understood as an experience to be valued and even sought, according to a chorus of academics and thought leaders. To attempt something difficult and fail at it shows that you are pushing past your existing skill set. Framed this way, failure is not a scarlet letter: it's a sign that you're on track to reach a new level of achievement. This notion is also gaining traction in the corporate world. The Harvard Business Review not too long ago devoted an entire issue to failure as a driver of creativity, urging managers to create cultures in which failure is seen as inevitable-even desirable-rather than undiscussable. In October, Dilbert creator Scott Adams came out with the book How to Fail at Almost Everything and Still Win Big, chronicling the string of failures he experienced before hitting a sweet spot with his comic strip.

If failure, played correctly, really leads to increased success, then women are natural beneficiaries. For example, one key way to recover is to reach out to people who support you, who will, as psychologist Pauline Rose Clance puts it, "soothe your horror" about whatever went wrong. Women typically are good at building networks, finding friends who can sympathize while helping to analyze the situation and figure out what part-if any-could have been avoided.

Women also rise above failure because they find validation in a variety of places. Unlike men, who tend to construct their identity around jobs and professional achievement, women's sense of self rests on many girders-work, yes, but also family, community and friendship. The result: If (or, rather, when) failure occurs in one realm, women are less likely to feel that their identity has been completely shaken. "Women don't fall as far down the failure hole," says Pennsylvania-based psychologist Tamar Chansky, author of Freeing Yourself from Anxiety. And, she points out, the older and more experienced a woman gets, the more she takes failure in stride, seeing small setbacks in a larger context and even understanding that a failure along the way can contribute to one's ultimate success.

WHERE WOMEN FLUNK FAILURE

WHILE gender generalizations can be tricky, studies suggest that women take missteps more personally than men do. Women tend to be "intropunitive," blaming themselves for failure, whereas men are more likely to attribute failure to circumstance and the action of others. Women are also more likely to ruminatereturning to the same thought over and over and brooding on setbacks. The danger of doing this is that lapses get magnified and come to feel bigger than they are, increasing the temptation to retreat or even quit. CONTINUED ON PAGE 100





FAILED? SO WHAT.

7 WAYS TO SURVIVE TOUGH TIMES



DON'T BROOD "WALLOWING in past failures is a recipe for a dysfunctional response," says Roese. If you catch yourself ruminating, use cognitive behavioral techniques to take your mind in a different direction. Do a math problem in your head; think about tasks facing you later in the day. Psychologist Tamar Chansky recommends establishing a mental board of directors whose advice can help change your internal narrative. "Choose four people and imagine yourself explaining the situation to them," Chansky says. "It could be Oprah, the Dalai Lama, somebody in fiction," Then imagine the counsel the might give.

1.

LET YOURSELF FEEL DEVASTATED

FEELINGS of anger. grief and mortification have an evolutionary purpose. "They stimulate new actions," says social psychologist Neal Roese, a professor of marketing at Northwestern University. When we are sad or ashamed or frustrated, we are hearing our psyche tell us to adapt. Rather than bottling up your feelings, Roese recommends letting vourself feel sharp anger or disappointment, which helps prevent prolonged regret.

3.

SKIP THE SHAME

SHAME is a valid emotion, but it can prevent us from innovating. Bombing a speech, getting dumped by a partner. flubbing a presentationthese are embarrassing, but they are also part of trying. You need to see failure as a sign of courageous effort, says Stanford psychologist Carol Dweck, author of Mindset. You can develop resilience by welcoming criticism, admitting vulnerability, fighting perfectionism and discounting (at least to some extent) what others think.



KNOW WHEN TO QUIT

WHEN you are pursuing a goal and fall short, it can be hard to know whether to keep trying or go after something different, Eric Ries, author of The Lean Startup, talks about a pivot, or "a change in strategy without a change in vision." By this he means don't give up right away. First, see if a minor adjustment works. "If you try everything you can think of to make the vision materialize and you run out of things to try," he says, "then maybe it's time to change the strategy."



<u>5</u>.

DON'T SEE FAILURE AS A

AVOID what the experts call characterological self-blame. Instead of thinking, I'm inept and incompetent, says Roese, understand that failures are just an outcome; they're not the final word on your worth or ability. Also, don't think of failure as the beginning of a trend. Making a bad financial investment does not call into question your value as a spouse or parent. It doesn't even mean you're a bad investor. Failure can be a onetime event.



6.

DON'T JUDGE YOURSELF WHILE YOU ARE DOING

SAVE the self-critiquing for when you have finished. "You don't want to be performing and criticizing the performance at the same time," says Chansky.



THE benefits of failure may take time to flower. Early in her career, Maria Klawe, president of Harvey Mudd College, and some colleagues developed an educational math video game they were determined to bring to market, but no one would buy it. So they let the project lapse. She couldn't see the upside of this failure until a decade or so later, when she was advising an organization involved in online learning and found that her insights into computerized education were translatable to this new playing field. "I was able to add value in a way that I never would have been able to do if I hadn't gone through that process," she says.



CONTINED FROM PAGE 98 Psychologists and other workplace experts are also struck by the frequency with which women—especially successful ones—suffer from impostor syndrome, the feeling of being a fraud who's just a step away from a catastrophic mistake that will reveal her true incompetence to the world. The impostor phenomenon was identified by Clance and a colleague, Suzanne Imes. Clance's guidance counselor had warned her that doing well in high school was no guarantee that shed thrive in college. Clance went forth believings he wouldn't be able to succeed in a bigger pond. When she began to teach and counsel at Oberlin College, she noticed how many other women (and some men, especially minorities and those from nontraditional backgrounds) described the same feeling—maintaining a steadfast belief in their own inferiority. And success doesn't necessarily bring confidence. Many accomplished women—such as Supreme Court Justice Sonia Sotomayor, comedian Tina Fey and Facebook COO Sheryl Sandberg—have acknowledgef elening like impostors.

Klawe has found impostor syndrome common among women in computer science. A few years ago, she and Kori Inkpen, a principal researcher at Microsoft, organized an "impostor" panel at a conference in Keystone, Colorado, convened for students and tech companies' junior employees. The panel featured Klawe, Inkpen and three other prominent female tech leaders. When the panelists walked into a room that seated just over 100 people, they were amazed to see not only that every chair was occupied but also that young women were sitting on the floor, leaning against walls and wedging themselves into every last square inch of space. "There were people standing in the hallways, craning their necks to see use," recalls Klawe.

Experts point out that women don't feel this way because they are innately ancious or insecure. Rather, it's a reality that in a number of fields, women are judged more harshly when they miss the mark. "The bar is often set higher in terms of performance standards for women," says Linda Carli, a professor of psychology at Wellesley College, pointing to a doy'd social science that documents he "glass cilli" phenomenon, in which women are given assignments that have a high chance of failure. Studies have suggested that women are more likely to be given problematic cases by law firms, recruited for tougher seats in political elections or brought in to lead companies only when there's big trouble (think Marissa Mayer at Yahoo). In these cases, their failure is not only more likely but also more visible. Not all studies of the glass-cliff effect have confirmed that it exists. But Eric Ries, an entrepreneur and author who is well versed in the culture of Silicion Valley, says he has sat through enough corporate meetings to find it "totally believable that we have set up asystem where women have a higher cost of failure and are right to be a frial of it."

PICTURE YOURSELF

*WHEN YOU FAIL.
YOU HAVE TO COME BACK AND PUSH
YOURSELF HARDER.*

BRITANY RISSENBERG, who was a competitive gymnast growing up, went back to the gym after having her fourth child. There, a regular started chartin, with her and — noting her compact, muscutar physique— suggested she side up weight lifting. She asked him to trail her and quickly began whining state championships and national competitions. It was green util the day she stopped onto the platform during a state championship and prepared to do "snatch"—a competitive lift—using a barbell loaded with 70 klograms.

MOST TERRIFYING MOMENT: "I ended up missing all my lifts. I had lifted the same weight in my warm-ups two minutes before. And then I missed it three intens. I couldn't get it overhead, or I'd get it overhead and couldn't stand up. I had stage fright or something. You train for months for this one moment, you take all your supplements, do all your massage therapy, and then you go out there and botch it."

HOW SHE GOT THROUGH IT: "I think I was able to come back and do well in other competitions because of my drive to prove myself and show what I am capable of. I fought through the nerves, pictured myself winning and talked myself through any doubts. I went on to win the Utah Summer Games in 2013, setting new records there, and the went to California and won the state championship.

WHAT SHE LEARNED: "You change your perspective on what's important. Missing my lifts wasn't the worst thing that could happen in life."

WHAT SHE SHOULD HAVE DONE DIF-FERENTLY: "I should have worked on my mental preparation. A lot of times I'd have negative thoughts going out there—like, What if I miss It? I should not have been thinking like that."

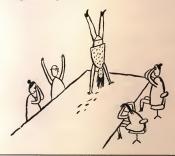
HOW SHE BOUNCED BACK: "My coach would say, 'Look how well you've done; look how much you've improved. Yes, you had a bad moment—but look at a guy who went to the Olympies and bombed. See how he's come back from it. People who really put themselves on the common service of the property of the service of the common service of the

BOUNCING BACK

BUT even if women's fear of failure is a logical reaction to a judgmental workplace, they still need to cope with it.

The most important step, says Clance, is to cultivate your own resilience. Remind your-self that nobody has ever died from failure. On the flip side, she stresses acknowledging your successes and believing the good things people say about you (which women often don't). It's also possible to change the culture in which you are being asked to function. She cites one patient, a young physician just getting started in her career, who was terrified of missing a diagnosis. Clance worked with the doctor to dial back her schedule so she would feel less harried. She helped this woman actively change her environment rather than passively accept it, and thus alleviate her fears.

And slowly, as these issues become more visible, the culture itself could change. Leaders like Alawa era working hard to establish supportive environments where women—and men—can take risks safely. When undergraduates enroll at Harvey Mudd, Klawe makes sure they learn how to handle failure. She talks about the importance of working in teams, of seeking help and giving help to others. She tells them to create "a community of people who are going to support you no matter what." And she tells them to understand that failure will happen. If you build in an understanding that adversity will occur—if you accept that it's natural for things to be hard—you are less thrown off when that turns out to be true. *



YOUR FAULT?

TO GROW FROM FAILURE, you have to figure out what you did wrong so you don't do it again, Psychologist Tamar Chansky suggestes creating a jet chart: "Start to think about all the different components that went into the situation not turning out as planned," she says. Ask yourself, How much did each factor contribute? Draw appropriately sized silvers and label them. Some of the silces may be factors you couldn't regulate: "The boss kept changing his mind;" "My workload that day was too heavy." Others may in fact be under your control: "didn't double-cheek," my work," I could have spoken up more assertively in that meeting. "The pie chart provides an objective way of looking at a situation, offering visible proof that your actions are just one part of a larger whole that also involves the difficulty of the task and the contributions of others. As you plan further endeavors, you can pracetively identify and work harder on the parts that lie within your control.

FAILURE HALL OF FAME



WALT DISNEY is fired from his newspaper job for "lacking imagination."



LUCILLE BALL is told by her acting coach that "she's wasting her time and ours."



JOHN F. KENNEDY runs for president of the freshman class at Harvard—and



STEVEN SPIELBERG is rejected by the film school at the University of Southern California.



THE BEATLES are turned down by Decca Records.



VERA WANG doesn't make the U.S. Olympic Figure Skating team.



HILLARY CLINTON fails the D.C. bar exam.



ANNA WINTOUR is fired from Harper's Bazaar because her shoots are too edgy.



OPRAH WINFREY is fired from her news-hosting job for getting too emotionally invested in her stories.



BILL CLINTON loses reelection as governor of Arkansas.



MICHAEL BLOOMBERG is fired by investment bank Salomon Brothers.



STEVE JOBS is fired from the Macintosh division of Apple.



J.K. ROWLING is turned down 12 times for her Harry Potter manuscript.



SARA BLAKELY (future founder of Spanx) bombs her LSATs—twice.

LIZA MUNDY is the director of the Work and Family Program at the New America Foundation and author of The Richer Sex: How the New Majority of Female Breadwinners Is Transforming Sex, Love, and Family,



MEW FOUNDING MOTHERS



IT ONLY TOOK TWO CENTURIES: FIVE WOMEN WHO MADE POLITICAL HISTORY BY WINNING ALL OF THEIR STATE'S TOP SLOTS REVEAL THE INTIMMATE. OFFER SURPRISING DETAILS OF THEIR VARYING PATHS TO POWER * * * * * *





WALK



THE HALLS of the State House in Concord, New Hampshire, and you'll be surrounded by portraits of old white men. The former governors and other political and civic honchos are decked out in Civil War regalia or velvety

black turn-of-the-century attire or business suits with a distinct Brooks Brothers cut. In the anteroom of the governor's office, however, is an island in this sea of testosterone: the painting of a woman, Jeanne Shaheen, former New Hampshire governor and current U.S. senator. And sitting in the office adjacent to that portrait is Governor Maggie Hassan, who recently became the second woman, after Shaheen, to be elected to the top io bit in the state.

New Hampshirites are accustomed to being under the microscope of the political cognoscenti. Every four years, reporters swarm the place during the first-in-thenation presidential primary. In late 2012, however, the state attracted notice for a different political milestone. Its two sitting senators were women (Shaheen and Kelly Ayotte), When, on the night of President Obsaná Fre-election, women also captured the governorship (Hassan) and both seats in the U.S. House of Representatives (Annie McLane Kuster and Carol Shea-Porter), New Hampshire suddenly became the first state even in which female politicians held every top office.

To get a sense of how glass shattering that is, consider the rest of the country. Twelve states (plus the Virgin Islands, the District of Columbia and Guam) have no women in their congressional delegations. Of that group, four—Delaware, Iowa, Mississippi and Vermont—have never sent a woman to the U.S. House or Senate. Only five states, including New Hampshire, have female governors. (As More went to press, New Jersey's 2013 gubernatorial race included a woman candidate, though the incumbent, Chris Christie, was strongly favored to win.)

How did the Granite State buck the old-boy culture that still permeates so much of the country? It starred when women elbowed their way into state office. Historically, women have made up about a third of the representatives in the New Hampshire legislature, one of the highest proportions in the country. This is in part because representatives serve essentially for free: Pay is just \$100 a year, the lowest of any state. So breadwinners, who have tended to be male, may be unable to give up their day jobs (or may lack the flexibility to take time off).

But lousy compensation is just part of the story. Women's ascendancy here also stems from the state's political culture, a grassroots style of governance that is tailor-made for women. With just over a million residents, New Hampshire is a small place that has a tradition of high-octane political engagement. Voters expect to meet candidates in living rooms, coffee shops and town hall meetings—and a system that prizes person-to-person contact plays to women's strengths and experience. Until very recently, most women who have plunged into politics here have done so as an extension of their community work.

Their visibility at the local level has paid off in higher-stakes contests. New Hampshire, though tiny, happens to have the largest state legislature in the nation, so at any given time some 100 women are serving as representatives, familiarizing residents with the idea of women as government officials.

That unique political alchemy was helpful, but it didn't give New Hampshire's matriarchy, as the press has dubbed the women, a seamless, easy ride to the top. Sometimes they needed to convince themselves of their fitness to serve before they could make their case to voters. Looking back on her own hesitancy, Hassan advises women contemplating a run to acknowledge their insecurities and concerns but also to remember that "everyone has finsecurities], and that doesn't disqualify you from running for office ... You shouldn't make a decision based on what the perfect candidate should be like."

Here, the five women at the wheel in New Hampshire share their experiences: why they ran, what worked, what didn't and how they pushed past failure on their often surprising paths to power.

WHAT, ME RUN?"

HASAN, 55, SAYS she had no intention of putting her name on a ballot until she was recruited. This is true of many women officeholders: A study conducted by the Center for American Women and Politics at Rutgers University found that female state legislators were almost twice as likely as their male counterparts to say they opted to run because someone else had suggested it.

Hassan was recruited by the Democratic members of an education advisory committee to which she had been appointed by then governor Jeanne Shaheen (see chart, opposite) after distinguishing herself as an education advocate for her son, who has cerebral palsy. Advocacy is what "took me up to Concord," Hassan likes to say. Still, when she was urged to run for a state senate seat that had opened up, her first instinct was to refuse. In a phone call to her husband, she ticked off the reasons. She had a full-time job as an attorney. Both of their kids were in school. and Ben, who cannot walk or talk and receives most of his nutrition through a feeding tube, required an enormous amount of care. Her husband countered



that she should jump in anyway. Tom Hassan held a senior position at Phillips Exeter Academy, one of the nation's premier boarding schools (he is now the principal), but he assured her they could manage at home. "Honey, you'd be good at this," he said. He also sounded a note of warning: "When is someone going to ask you to do this search."

Shea-Porter, 61, now in Congress, was similarly reluctant. "Like every other woman, I did 40 roles simultaneously," says the former social worker. "I didn't plan to go into politics. Before I ran for Congress, I hadn't run for dogcatcher." But she grew up in a politically engaged family and notes, "I'm a direct descendant of General Stark," the Revolutionary Warf hero whose words "Live free or die" became the state motto. "I can remember as a two-year-old holding signs, attending political rallies." She volunteered on Wesley Clark's 2004 presidential primary campagin and then on John Kerry's unsuccessful attempt to unseat President George W. Bush that fall. She also demonstrated against the Iraq War. Twice after Hurricane Katrina, Shea-Porter traveled to New Orleans, where she was once deputy director of a senior center, and was outraged by what she saw. "The federal goovernment was missing," she asserts. "We could do better. We had to do better." The 2006 congressional midterm elections were coming up, and, as she recalls, "a Democratic committee member said, 'Why don't you run?" And I was like, 'Oh, no: 'That was my pat answer." Even after she finally agreed, she almost changed her mind. She was about to sign up when doubt overcame her and she "got back into my car, drove halfway home, then thought, I'm going to do it, and drove back." "D

BESTING THE BOYS' CLUB

EVEN THOUGH Shea-Porter finally resolved to go through with her bold bid for Congress, her party's state and national leaders had a different standard bearer in mind: the statehouse minority leader, Jim Craig, But Shea-Porter pressed ahead. She convened a group of women who'd volunteered with her on the Kerry and Clark campaigns. There was no money to have signs or buttons printed, so Shea-Porter and her supporters made them by hand. "A pot of coffee, a plate of cookies, invite your neighbors and I'll show up," is how she describes her grassroots campaign. Her 19-year-old daughter, then a journalism student in college, served as press secretary. Defying all the political prognosticators, Shea-Porter, who spent a scant \$20,000 on her primary bid-"I set up the account for \$100," she says-snagged the Democratic nomination, then defeated the GOP incumbent in what was probably the biggest political upset of that year. "We outworked the competition," she says,

Shea-Porter's successful novice bid for a national seat notwithstanding, Hassan was happy to have debuted on a smaller stage. There is a whift of self-description in the governor's theory of why running for a more local office can be a prerequisite for female politicians considering big-ticket offices. "If I were to generalize a little bit," she says, "I think most women like to figure out if they are good at something on a smaller scale before they try it out statewide."

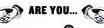
Of the five women, Kuster, 57, is the one most steeped in public life. Her father was the mayor of Concord and ran unsuccessfully for governor—a position held by her maternal great-grandfather in the early 1900s. The political career of her mother, Susan McLane, spanned a quarter century (in both the New Hampshire house and senate), beginning when Kuster was 12.

"My mom was one of the founders of the Women's Campaign Fund and the National Women's Political Caucus, which encourages women to run for office," says Kuster. "She felt strongly that the process would work better, be less contentious and more collaborative [if women were elected] and that it was important to bring to the table women's voices and life experience, such as parenting and taking care of their own parents. Being in the work-place and being involved in the community, All of that

was important to her." Kuster helped out in her mother's political career, most memorably serving as driver during her mother's failed 1980 congressional bid. Kuster's son did the same job when she first ran, in 2010.

When her mother was diagnosed with Alzheimer's, Kuster collaborated with her on a book, The Last Dance: Pacing Alzheimer's with Love & Loughter. But she didn't consider running for office herself until later in life, after a long career as a community activist, attorney and health care advocate. "I was always the person holding the signs, not (the one) giving the speeches," she says. She was involved with Al Gore's presidential campaign, then Kerry's. But when US. representative Paul Holdes decided to run for the Senate in 2010, leaving

GOOD CANDIDATE?



...PASSIONATE ABOUT A CAUSES

YBU'LL BE most compelling as a candidate I you're zalous about fixing the performance of public schools or lower in the performance of public schools or lower minded community activists to talk solutions, advises Jennifer Lawless, director of American University's Women & Politics Institute. "You want them to know who you are—a passionate, qualified individual."

2 ... A MEMBER OF A

YBU MAY not have to join a political party to run for office, but it's helpful. "Party structure gives you an instant support base that will help you move forward," says Slobhan Bennett, president and CEO of She Should Run, an organization dedicate to getting more women elected. Volunteer for the party and donate to other candidates; even \$5 helps get you in the loop.

3 ...REGISTERED TO VOTE?

TO STATE THE OBVIOUS, being unregistered is a "kiss of death for any candidate," says Bennett, who strongly recommends registering in person at the Board of Elections, where you can also introduce yourself as a potential candidate and learn what you need to do in order to run. Most positions have age, citizenship and residency requirements, and candidates may need to file petitions signed by a certain number of qualified voters. Additional paperwork-such as financial disclosure statements and campaign expenditure reports-may also need to be filed.

...GOOD AT BUILDING A TEAM?

A CANDIDATE has to do it all. but even the most accomplished person has her weak spots. Some women contemplating a run "worry about whether they'll be able to handle a televised debate. whether they'll fund raise well." says New Hampshire governor Maggie Hassan. Skills can be learned, and in a pinch they can be borrowed or paid for. "Build a team that is a mix of people who have good campaign experience but also people who know you well, and make sure those two sets of people can work well together," says Hassan,

-REBECCA WEBBER; HASSAN INTERVIEW BY ALEXANDRA STARR

an open House seat "practically for the first time in my lifetime," Kuster got to thinking. "My children were grown. My parents had passed on. I had a window of opportunity."

But Kuster became a candidate only after she'd gauged how much support she could count on from the people she'd met in her civic work and law practice over the years. "It wasn't like I was telling them, 'I am the one,' " she says.
"Maybe that's a woman thing. Anyway,
when I saw I had sufficient grassroots
support. I was able to jump in."

Support also came in the form of her mother's longitine friend and colleague, U.S. senator Jeanne Shaheen. 'She appeared at events, giving imel legitimacy along the way," says Kuster. "That's an important piece for all candidates but particularly women candidates."

The only woman in the U.S. to have served as both senator and governor, Shaheen has experience in electoral politics that dates back to 1976, when she and her husband, Billy, were organizers in Jimmy Carter's New Hampshire presidential primary bid.

Shaheen ran two statewide campaigns before she became the candidate herself in 1990. "I had a good network, and I saw a great opportunity in my district, where I thought the state senator was too conservative," says Shaheen, 66. She remembers McLane, whom she calls "a big mentor," introducing her to lawmakers and imparting advice she'd received about the best colors to wear for public apoperances.

Susan McLane died five years before her daughter became a candidate: nonetheless, she ended up boosting Kuster's first electoral foray. When Kuster was clearing out her parents' house, she came across an immense 3-by-5-inch holiday-card file her mother had kept and updated for more than two decades. Annotated to mark newborn children, divorces and address changes, the cards contained the names of hundreds of supporters. Kuster sent off fund-raising appeals to everyone in the box who was still alive, and the checks started pouring in, "We called it fund raising from heaven," she says.

Despite that apparently divine intervention, Kuster lost the race. Hassan lost her first race, too, as well as a state senate re-election campaign in 2010. Shaheen lost her first U.S. Senate bid, and Shea-Porter was ousted from her congressional seat in 2010 (she reclaimed it two years later). "Failure is part of this process," Hassan says. She cites losing her state senate seat as an element in her successful 2012 run for governor, in part because it sensitized her to conservative strands in the New Hampshire electorate. Kuster pored over the returns from her failed 2010 bid, then two years later focused her efforts on the southern part of the state, where her support had larged. She also took pride in how close her defeat had been to victory.

"I won the primary with 72 percent of the vote. That was so, 'Wow, this is working.'" she says. Seven weeks later, in the general election, Kuster lost by 3,000 votes—the same margin as in her mother's failed congressional bid. Yet Kuster didn't see her loss as a rebuke. She'd come very close to ousting a man who had served in Congress for a dozen vears—an accomplishment that showed a rematch was winnable.

Statistically, women are less likely than men to run again after losing a political race. Kuster points out that this suppresses their numbers in public office. "If you talk to people in Congress, most of them have lost elections," she says. "The president lost a [congressional] election. You've got to not be set back by that but just consider that his is difficult to do and you need to hang in there."

"Sometimes I liken campaigning to walking on lily pads, when you're trying not to fall in the water," she says. "Focus on the positive. Part of the work in politics is becoming known. When you come up short, you can't conclude they don't want you. You have to frame it as they don't know you yet."

WOMEN'S NEW PATH TO POWER

WHILE WOMEN of Hassan's generation often came to politics after years of volunteering, today's female candidates—especially the younger ones—are skipping that route in favor of the path men usually take: working for powerful political figures or nabbing prosecutor jobs in which they can put notorious criminals and wayward politicains behind bars. When Ayotte arrived for a job interview with newly elected New Hampshire governor Craig Benson in the fall of 2002, she'd achieved a level of national renown unusual for a 34-year-old. As chief of the homicide unit at the state attorney general's office, she presided over a number of high-profile cases.

She was meeting Benson, a former tech CEO known for his intensity, because she was up for the job of legal counsel, one of the most senior positions on his staff. At the end of their talk, Ayotte said she would be thrilled to become the governor's counsel. "But what I'd really like," she added, "is to be your attorney general."

Ayotte, 45, whoops when she recounts the story, recalling that the governor was visibly taken aback when she made the pitch to become one of the most powerful figures in New Hampshire. "But I also think he appreciated the chutzpah," she adds. Her confidence that day arguably opened the door to her political career. Ayotte-che sole member of the New Hampshire five who has not been defeated at the ballot box—says she didn't plot her life with an eye toward future elections. "I don't think that every person wakes up when they are 18 and says, I'm going to run for office,' "she says. "It's just, you end up on a path, in a

DO YOU THINK HAVING AN ALL-WOMAN TEAM IN CHARGE OF A STATE WILL MAKE THINGS BETTER FOR WOMEN?





et; "sne says. "It's just, you end up on a parn, in a series of positions where you realize that being involved in the community or in public service is what is rewarding to you. . That is how I ended up on the path I'm on." Once she did identify public life as her métier, Ayotte was directed and tenacious in realizing her goal, as her interview with Benson attests. "You can't be hesitant to let people know what you're interested in," the senator says, adding that it's advice she often gives to young women. CONTINED ON PAGE 116



ARE YOU GETTING TOO MUCH MEDICAL CARE?

First, do no harm—that's what medical students are taught. Yet unnecessary drugs and tests, along with overly broad definitions of health conditions, can set you up for unexpected damage >> by CHRISTIE ASCHWANDEN

A FEW MONTHS AGO, I went to my

gynecologist looking for help with a menstrual problem. She put me in stirrups, and the next thing I knew, I was getting a Pap smear. That wasn't what I'd come in for, but it had been a year since my last test for cervical cancer, so I went along. After all, catching cancer early is always the goal, right? To my surprise, I later learned that, according to the most recent science, it's actually possible to catch a cancer too early. And being tested frequently—i.e., every year—was not my best game plan.

Most cervical cancers progress very slowly, and high-quality research has shown that some of the precursors to cancer that a Pap test can detect will go away without medical treatment. Right now, however, there's no "wait and see" in the system. When the Pap reveals certain abnormalities, the immediate next steps are additional doctor visits, plus invasive and painful testing. says Russell Harris, MD, a professor of medicine at the University of North Carolina at Chapel Hill. This cascade of events saves some lives, but it also needlessly inconveniences and even harms many who were never in danger.

Experts have learned that we can have the best of both worlds Because cervical cancer is so slow to spread, the Pap test can be done less frequently while still identifying the women who are at risk well within the window of when they can be successfully treated. At the same time, doctors can spare those who are not truly at risk from unnecessary callbacks and biopsies. That's why most medical groups have

Say Goodbye to that Sluggish Metabolism!

he metabolism is made up of a complex system of hormones and enzymes that help convert food into usable forms of energy. The conversion of food to energy is what helps us burn calories, get rid of excess pounds and keep weight off. In a perfect world, our metabolism would be untouchable and we would never have to worry about unwanted weight gain, but in reality, our metabolism is as delicate as a newborn baby. It can be affected by a number of factors including: Diet, stress, and sleep deprivation.

"I'm doing everything right, but the scale just won't budget!"

If you find yourself making a number of changes but still not noticing a difference, your metabolism could be to blame. The key to successful and sustainable weight loss is to reset your metabolism at the beginning of your diet and to keep it active throughout your diet program and beyond. The unique Almased formula, made of non-GMO sov, vogurt and honey from a special fermentation process helps you achieve just that! Even better, the Almased formula is so safe that even people with diabetes can use With Almased, you can lose weight without hunger or cravings and feel more energized and youthful in the process. Its positive effects on body weight and overall health have been documented in over ten years of clinical studies. The program is easy to follow and the results will amaze you. Give it a try and see for vourself! Almased is more than a diet, it's a way of

Look at Me Now!

"I was never an overweight person. I just wanted to have a flat stomach, lean arms, leas and back, so I gave Almased a try and it worked! Within 3 weeks, I lost 12 lbs. My body is lean, my stomach is flat and my arms, legs, and back are so lean. Within the first 2 weeks, I wore a sleeveless dress to show off my arms and back. I just want to let everyone know that Almased is for everybody, overweight or not...if you need to get rid of unwanted fat...drink Almased. Almased will be part of my life foreyer, even though I've already reached my goal...I will drink Almased as a supplement once a day for life! I also notice that my skin is smoother and brighter. Thank you Almased!"

Ask Our Nutritionist



Silke Ullmann is a licensed, registered dietitian who provides nutritional guidance for Almased. Contact Silke at nutritionist@almased.com.

Download Your Free Figure Plan at bikini-plan.com Enter source code: MOV

For more information call us at toll-free 1-877-ALMASED (1-877-256-2733) or visit almased.com

You can find Almased in your local health food and GNC stores.





Your Bikini Emergency Plan

Week 1

Replace all 3 meals with an Almased shake (8 Tosp Almased and 1-2 tsp. of oil mixed in 10-12 oz of liquid each). In addition, drink plenty of vegetable broth.







Week 2 and Beyond

a side of whole grains



Replace 2 meals, preferably break-

shake and have 1 healthy meal with

lots of vegetables, lean protein, and

fast and dinner, with an Almased

nese statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As always, consult your doctor or health care team before beginning any wight loss program or reducing your dosage of current medications. called for women to be tested every three years instead of annually (those at high risk are an exception).

A shift in the frequency of Pap tests is only one small facet of a remarkable change taking place in the medical world. This new way of thinking contends that our medical system's "more is better" mind-set has saddled healthy people with costly treatments that might actually hurt them, says Fiona Godlee, MD, editor-in-chief of the BMJ (formerly the British Medical Journal). a professional publication that's leading the charge toward a risk-benefit approach to health care. As part of its Too Much Medicine campaign, the BMJ has presented a series of articles outlining how certain conditions, including osteoporosis, dementia, high cholesterol and breast cancer, are being overdiagnosed and overtreated by doctors.

Take osteoporosis. A study published in the BMJ in 2008 calculated that to prevent one woman from developing

fractured vertebrae, 270 women with preosteoporosis would need to take osteoporosis drugs for three years. Two out of three of the vertebrae fractures prevented would not have caused symptoms or reduced the patient's quality of life. So one woman would avoid a consequential fracture in her vertebrae, and the 269 other women would get no measurable benefit but would subject themselves to potential side effects such as diarrhea, an increased stroke risk, gastrointestinal troubles and a rare but very serious problem called osteonecrosis of the jaw, which causes the bone in the jaw to die.

Medical societies are another part of the "more isn't necessarily better" movement. The ABIM Foundation created the Choosing Wisely campaign, for which 30 physician-specialty societies, such as the American Academy of Family Physicians (AAFP), each developed a list of actions doctors and patients should question. The AAFP list, for instance, includes "Don't require a pelvic exam or other physical exam to prescribe oral contraceptive medications." (For more examples, see "Are You Being Overtreated?" below, Find each specialty's Choosing Wisely list at choosing wisely.org.) The lists are intended to spur conversations between doctors and patients so that together they can choose the most appropriate and necessary treatments.



The risks of overtreatment

Unnecessary tests and treatments account for as much as 34 percent of the health care in the U.S., wasting an estimated \$226 billion each year, according to a study published last year in the Journal of the American Medical Association. Despite these costs, the movement among medical professionals to reduce overtreatment isn't simply about money; it's about protecting patients

» ARF YOU RFING OVERTREATED?

Here are some areas where you should proceed cautiously, according to the Choosing Wisely program (created with input from more than 30 U.S. medical societies) and the BMJ's Too Much Medicine program.

LOW BACK PAIN (NONCHRONIC)

ADVICE | Skip the X-rays, CT scans and MRIs. » Back pain almost always goes away on its own within a few weeks. Studies show that people who get imaging tests for back nain are more likely to end up having surgery, but they don't recover any faster than those who didn't get imaging. What will usually tame the pain is a combination of heat and over-the-counter anti-inflammatory medications such as aspirin. ibuprofen or naproxen. Staving as physically active as you comfortably can will expe-

PELVIC EXAM

ADVICE | Don't get a pelvic exam or other physical exam when you're just asking for oral contraceptive medications. » Pelvic exams have become a standard part of the yearly gynecologist visit, yet they have no clearly defined purpose, and there's no solid evidence that they do any good if you have no symptoms Birth control pills can safely be prescribed on the basis of your medical history and a blood pressure reading, according to the American Academy of Family Physicians.

HEARTBURN

ADVICE | Avoid frequent use of proton pump inhibitor (PPI) drugs like Nexium, Prevacid and Prilosec. » When used long term. PPI drugs increase your risk of bone fractures and reduce your magnesium blood levels, potentially triggering irregular heartbeats and convulsions. Heartburn and gastroesophageal reflux disease (GERD) are often overdiagnosed. and most people who truly have these conditions can control them with dietary and lifestyle changes and antac-

ids (such as Rolaids or

Tums) or H2-blocker

medications (such as

Pepcid AC and Zantac).

PAP TEST ADVICE | If you're 30

three years (every five years if you've had a clean HPV test). » Cervical cancer progresses slowly, and vearly testing increases your risk of overdiagnosis without improving your odds of detecting a serious cancer. Women who've had a hysterectomy can skip the screening altogether, and women over 65 usually can skip the test as well.

to 65 years old, experts

recommend that you

have this test every

BONE-DENSITY SCANS

ADVICE | If you're at low risk, have your first scan at age 65. » A DEXA scan (dualenergy X-ray absorptiometry) can detect low bone mass, and many women who have the scan come away with a diagnosis of osteopenia, aka preosteoporosis. Even though the condition isn't necessarily worrisome, the osteoporosis drugs often prescribed for it can pose serious risks. Who should have a DEXA scan: women at high risk for the disease, meaning they have suffered fractures from minor trauma and/or have a parent who has broken a hip.

dite your recovery.

When cancer strikes, we strike back.

At MD Anderson Cancer Center, we are focused on Making Cancer History.

As the nation's top-ranked cancer center, MD Anderson continues to pioneer new approaches in cancer treatment. Using the latest genetics-based research, we can develop targeted treatments, personalized to the individual patient. To learn more about how we're raising the bar for cancer care worldwide, call toll free 1-855-894-0145 or visit MakingCancerHistory.com.



Ranked number one in the nation for cancer care, seven years in a row, by U.S. News & World Report. MD Anderson Cancer Center

Making Cancer History®

from the damage that overtreatment can inflict, says Glen Stream, MD, a California family physician who's a past president of the AAFP board.

The damage isn't always obvious. Suppose you have a sinus infection. Whatever you do, you'll probably be fine in a few days, but if your doctor prescribes antibiotics, you may mistakenly attribute your improvement to the pills. Sinus infections almost always arise from a viral infection, which antibiotics are powerless to treat. Taking those antibiotics isn't just a waste of time and money: they'll kill off protective bacteria in the vagina, which may spur a yeast infection. The drugs may also leave you more susceptible to antibiotic-resistant infections. So the medicine you're happy to get may actually hurt rather than help you, says

look like tumors but are unrelated to the purpose of the test, according to a report in the Archives of Internal Medicine. While a few of these accidental findings do turn out to be cancerous, most are benign. But once an incidentaloma is detected, it may take several more tests (involving more doses of potentially harmful radiation) and multiple trus to the doctor to find out for sure, Wen says. A true cancer will surface eventually, when it causes symptoms.

8

How cancer screening can hurt rather than help

Cancer has long been seen as a progressive disease that will kill us unless it's treated in time; hence the drive, over the past few decades, for finding-and treating-a cancer that would never hurt you against the risk of missing one that could take your life. For instance, there's no doubt that the Pap smear has prevented an epidemic of deaths from cervical cancer over the past 50 years, but it also creates many false alarms that needlessly subject women to painful follow-up tests, says North Carolina's Harris, According to an analysis published in the American Journal of Clinical Pathology, screening every three years instead of annually provides 90 percent of the benefits while reducing the harm by roughly 33 percent. That's why the current guidelines from the American Cancer Society and other medical organizations state that women ages 30 to 65 need a Pap test every three years, or every five years if they also get an HPV test (for a virus associated with cervical cancer).

Despite this professional consensus, a survey published earlier this syear in the American Journal of Preventive Medicine found that most of the 366 obstetrician-gynecologists interviewed continue to recommend annual Pap tests. "Some physicians may have a financial interest in having women come back for yearly Pap tests because it gets them in the door," says Gilson.

"IT'S ALWAYS HARDER TO WATCH

AND WAIT THAN IT IS TO TEST, BECAUSE TESTING RELIEVES EVERYONE'S ANXIETY—WHETHER OR NOT IT MAKES YOU BETTER."

Rosemary Gibson, a health care expert and author of The Treatment Trap.

Yet "despite consistent recommendations to the contrary, antiblotics are prescribed in more than 80 percent of outpatient visits for acute sinusitis," the AAFP says. Why do physicians continue to follow practices that haven't been supported by research? "Doctors, like all human beings, are creatures of habit. Out default is to continue on the path we've always trod," says Danielle Ofri, MD, PhD, associate professor of medicine at New York University School of Medicine and author of What Doctors Feel.

A single unnecessary test can start a series of interventions, some unpleasant or even painful, that cost you time, money and peace of mind, says Leana Wen, MD, director of Patient-Centered Care Research at George Washington University and coauthor of When Doctors Don't Listen: How to Avoid Misdiagnoses and Unnecessary Tests. Up to 40 percent of imaging tests of the abdomen, pelvis, chest, head and neck spot so-called incidentalomas—findings that

people to be screened regularly. But that definition of cancer isn't necessarily accurate, says H. Gilbert Welch, MD, professor of medicine at the Dartmouth Institute for Health Policy and Clinical Practice and coauthor of Overdiagnosed: Making People Sick in the Pursuit of Health, Most people have a few cancer cells inside them, but these will be eliminated by our immune systems before they can cause harm, says Deborah Grady, MD, a professor at the University of California, San Francisco, School of Medicine, Even when cancer cells evade the immune system, they are not always fatal. Autopsies show that many people who die of other causes have undetected cancers that never caused trouble. Yet those cancers would probably have been treated if the person had been screened. In addition, there is the problem of false positives, test results that indicate a tumor is present, triggering further testing, when in fact there is no tumor.

Given these possibilities, health policy makers must weigh the risk of

Why we're being overdiagnosed

Our rush to detect and then treat disseases before they produce symptoms has led to a proliferation of "prediseases," such as prehypertension, prediabetes and preosteoporosis, that turn healthy people into patients, says the BMJ's Godlee. The definitions of normal and abnormal are generally created by panels of doctors—but they are sometimes influenced, Godlee says, by pharmaceutical companies that hope to create a wider market for their drugs by expanding the definition of illness to include the worried well.

"By some counts, half of all white postmenopausal women have preosteoporosis. This arbitrary cutoff point pulls in large numbers of women at very low risk of fracture," says Godlee. "For the drug companies, it's a gold mine." "D

A LESSON RICH IN HEART-HEALTHY FLAVOR.



HEART-HEALTHY

SAVE SILOU

n any THREE (3) Starkist[®] Albacore Products see back for coupon and more details





: Tuna is certified by tion.

protein and 110 mg tarKist" Albacore make any meal

Lot TUNA

one at STARKIST.COM

from the damage that overtreatment can inflict, says Glen Stream, MD, a California family physician who's a past president of the AAFP board.

The damage isn't always obvious, Sunpose you have a sinus infection. Whatever you do, you'll probably be fine in a few days, but if your doctor prescribes antibiotics, you may mistakenly attribute your improvement to the pills. Sinus infections almost always arise from a viral infection, which antibiotics are powerless to treat. Taking those antibiotics isn't just a waste of time and money: they'll kill off protective bacteria in the vagina, which may spur a yeast infection. The drugs may also leave you more susceptible to antibiotic-resistant infections. So the medicine you're happy to get may actually hurt rather than help you, says

look like tumors but are unrelated to the purpose of the test, according to a report in the Archives of Internal Medicine While a few of these accidental findings do turn out to be cancerous, most are benign. But once an incidentaloma is detected, it may take several more tests (involving more doses of potentially harmful radiation) and multiple trips to the doctor to find out for sure. Wen says. A true cancer will surface eventually, when it causes symptoms.

How cancer screening can hurt rather than help

gressive disease that will kill us un-

finding-and treating-a cancer that would never hurt you against the risk of missing one that could take your life. For instance, there's no doubt that the Pap smear has prevented an epidemic of deaths from cervical cancer over the past 50 years, but it also creates many false alarms that needlessly subject women to painful follow-up tests, says North Carolina's Harris, According to an analysis published in the American Journal of Clinical Pathology, screening every three years instead of annually provides 90 percent of the benefits while reducing the harm by roughly 33 percent. That's why the current guidelines from the American Cancer Society and other medical organizations state that women ages 30 to 65 need a Pap test every three years, or every five years if they also get an HPV test (for a virus associated with cervical cancer).

Despite this professional consensus, a survey published earlier this year in the American Journal of Preventive Medicine found that most of the 366 obstetrician-gynecologists interviewed continue to recommend annual Pap tests. "Some physicians may have a financial interest in having women come back for yearly Pap tests because it gets them in the door," says Gibson.

Cancer has long been seen as a pro-

less it's treated in time; hence the drive, over the past few decades, for

"IT'S ALWAYS HARDER TO WATCH AND WAIT THAN IT IS TO TEST. BECAUSE TESTING RELIEVES

EVERYONE'S ANXIETY-WHETHER OR NOT IT MAKES YOU BETTER."

Rosemary Gibson, a health care expert and author of The Treatment Trap.

Yet "despite consistent recommendations to the contrary, antibiotics are prescribed in more than 80 percent of outpatient visits for acute circuitio " the

AAFP says. Why do physic to follow practices that hav ported by research? "Doctman beings, are creatures default is to continue on tl always trod," says Danie PhD, associate professor (New York University School and author of What Docto

A single unnecessary to series of interventions, s ant or even painful, that money and peace of min-Wen, MD, director of Pati Care Research at George University and coauthor tors Don't Listen: How diagnoses and Unnecessar 40 percent of imaging tes men, pelvis, chest, head a so-called incidentalomaspeople to be screened regularly. But that definition of cancer isn't necessarily accurate, says H. Gilbert Welch. MD, professor of medicine at the Dartmouth Institute for Health Policy and Clinical Bractice and counthor of Over-

Manufacturer's Coupon Expires 2/21/14 on any THREE (3) Starkist® Albacore Products CONSUMER: Coupon good only in the USA on purchas

Void if copied, transferred, prohibited or regulated RETAILER: StarKist Co. will remburse you for face value of this coupon plus 8¢ handling if redeemed in completes with our redemption policy (available upon request). Each value 1/100c. Send coupons to: Starkiej Co. PO. Box 350135. El Pero TY 35535. LIMIT ONE COUPON PER PURCHASE. ©2013 Starket Co. All Rights Reserved



Whu we're heine

Albacore's mild flavor and firmer texture make it an ideal complement 9 to salads or pasta. And since Starkist's® Albacore contains at least 12g of protein and 110mg of Omega-3's, right out of the no-drain pouch, it's easy to add healthy flavor to your meals.



A LESSON RICH IN RT-HEALTHY FLAVOR.





While many fectors affect heart disease diets low in saturated fat and cholesterol may reduce the risk of this disease.

Delicious StarKist® Albacore Tuna is certified by the American Heart Association?

Containing at least 12 g of protein and 110 mg of omega-3's per serving, StarKist® Albacore Tuna is a flavorful way to make any meal deliciously healthy.



Find this heart-healthy recipe and more at STARKIST.COM

Better your morning routine!





Fitness and wellness guru, Andrea Metcalf knows how to make the most of the morning.

It's never been easier to start your day off right with Andrea's expert advice:

- Exercise and hydrate first thing in the morning.
- Take a moment of "me" time to relax before a hectic day.
- Better yourself from the inside out. Add Benefiber® to your favorite breakfast foods and beverages to help maintain a healthy digestive system.*?

'Not recommended for carbanated beverages. Use as directed as part of a healthy dist.

Enter to Make Your Mornings Better!

For more ways to better your morning, and a chance to win a wellness consultation, a tablet, and \$500, visit betteryourmorning.com between October 1 – December 31.

Like us at http://www.facebook.com/Benefiber



Better every breakfast with



SWEPTAKES RULE: No purchase neatesary to enter or wis Subject to Solicial Rules and antity of batterpourmering, com. The Settler If With Benefiber Sweepstdess begins of 12:01 cam. Estern Time (ET) to Cockber 1, 2013 one ond or 11:99 p.m. Et. on December 31, 2013. Open to legal estedarts of the 50 betted Solicia, cond the Dested of legal estedarts of the 50 betted Solicia, cond the Dested of legal estedarts of the 50 betted Solicia, cond the Dested of legal estedarts of the 50 betted Solicia, cond the Dested of legal estedarts of the 50 betted Solicia, and the solicia solicia conditions of the solicia solicia conditions of the solicia soli

body&mind

Doctors want to help their patients prevent serious health problems, but in some cases, this urge to do more exposes patients to risks without much potential benefit. A study reported this year in JAMA Internal Medicine asked more than 200 physicians to read vignettes describing six fictitious patients and decide whether they'd prescribe each patient a cholesterollowering statin drug. About 88 percent of the doctors said they would prescribe statins, which can cause serious side effects such as muscle damage, diabetes and liver damage, to patients unlikely to gain any benefits.

Physicians have been taught that delivering care means doing everything they can, which often biases them toward doing something. "It's always much harder to watch and wait than it is to test, because testing relieves everyone's anxiety—whether or not it makes you better," says Lisa Schwartz, MD, a professor at Dartmouth Medical School and country of Overdiagnosed.

Another major culprit in overdiagnosis is the way we pay for health care, says Gibson. "Hospitals and doctors are paid more for doing more," she says. "No one makes money when they decide to watch and wait." Sometrimes doctors have financial reasons for favoring drug treatment or a medical device. ProPublica's "Dollars for Docs" investigation has documented pharmaceutical incentive programs that give doctors generous monetary rewards for prescribing a company's drugs.

And then there is "defensive medicine," aka doctors fear of being sued for malpractice if they don't do evrything they possibly could. "You're sued for not doing something, but you're rarely sued for doing too much," Schwartz says. In a survey published in the Archives of Internal Medicine in 2011, 76 percent of the physicians surveyed said malpractice fears drive doctors to treat their patients too aggressively.

Talk with your doctor

To avoid medical care you don't need, start a discussion with your doctor. "Medical recommendations are often

114 more.com | DECEMBER 2013/JANUARY 2014

wrapped together with value judgments," says Peter Ubel, MD, a physician, behavioral scientist and author of Critical Decisions: How You and Your Doctor Cam Make the Right Medical Choices Together. Which is more important to you: having a label for what ails you or avoiding unnecessary tests that may cost you time, money and worry? Are you willing to adopt healthier lifestyle habits if that allows you to avoid taking ad rug? Share your preferences with your doctor. "A patient who can put her values on the tab le is at an advantage here," Ubel says.

If possible, do some research before your visit and arrive with a Choosing Wisely list or similar information in hand to help you get the conversation started. Before you agree to a medical test, Wen says, ask your doctor. "What's this test looking for, what will happen if it's positive or negative, and how will the results change what we do?" Other important questions. Wen says, include. Is there an alternative to this test? What can we do to lower the risks? Are there tests other than CT scans that can reduce my exposure to radiation? "Every test should be ordered for a specific reason," Wen says. "If the doctor can't tell you why he or she is ordering the test, that's a red flag." Bottom line: You have the right to refuse any test or treatment you don't want.

A good doctor listens with her full attention. "Your history, which is your story, can lead to the right diagnosis 80 percent of the time; that's why telling your story is so important," Wen says. "Tell your doctor, 'I believe I'm the expert when it comes to mybody, and you're the expert when it comes to medicine, so let's work together to figure out what I have."

I won't be going back to the doctor who gave me the unnecessary Paptest, but if my next doctor repeats the mistake. I intend to borrow a script that Harris suggested: "Twe read a lot about this, and not everyone agrees with what you're recommending. This test has both pros and cons; it's not compulsory." If the next doctor won't listen to my concerns, I'll keep searching until I find one who does. *

Every morning is an opportunity to do something better for yourself.



Sprinkle it on your cereal. And feel better about doing it. Benefiber® is the easy way to better your morning routine.

It's fiber that's clear. Taste-free. And dissolves completely.



©2013 Novortis Consumer Health, Inc.







ON SEPTEMBER 21, 25,000+ people gathered at Farm Aid 2013 in Saratoga Springs, NY. The annual concert calls attention to the crucial importance of family farmers and the good food they grow for us and our families.

The music on the stage featured Farm Aid board members Willie Nelson, John Mellencamp, Neil Young and Dave Matthews, as well as Jack Johnson, Kacey Musgrawes, Jamey Johnson, Amos Lee, and many more. A surprise appearance by 94-year-old Pete Seeger led to a sing-a-long of "This Land Is Your Land" that brought the entire audience together as one voice.

Throughout the day, concertgoers took part in interactive exhibits about farm and food issues, and Farm Aid's HOMEGROW Concessions* served family farm food.

Every one of us has a role to play in the movement for good food from family farms. Find out how you can be involved at www.farmaid.org.



Ayotte did get the legal-counsel job, and just a year and a half later she was taking the oath as the state's first female attorney general while seven months pregnant with her first child. As AG, she defended a law requiring parental notification for minors seeking abortions, taking the case all the way to the U.S. Supreme Court. She also successfully sought the death penalty in the killing of a police officer. Her track record positioned her to become the Republican candidate for the U.S. Senate in 2010 when Judd Gregg-the man who in 1980 beat Annie Kuster's mother in the GOP primary-retired. Gregg personally recruited her to run for his seat.

This was another break with the past: Historically, male senators haven't identified women as their potential replacements, notes Linda Fowler, a professor of government at Dartmouth. "Women had to be the insurgents," she says, "They didn't have the establishment figure clearing the way for them." Jessica Grounds, executive director of the group Running Start-which aims to increase the number of young women in elective office-says the differences between New Hampshire's governor, Hassan, and its junior senator, Ayotte, dovetail with a generational split she's seen in her work. "Sometimes older women can be initially hesitant to make their candidacies," says Grounds, "The younger ones tend to be more directed in making it happen."

Gregg wasn't the only high-profile person who got behind Ayotte's campaign: In the midst of a very competitive GOP primary contest, Sarah Palin endorsed Ayotte, dubbing her "one tough Granite grizzly."

Ayotte won the GOP showdown only narrowly, but she took the general election handily, making her the only female member of the incoming 2010 Senate class and, at 42, the third youngest of the freshmen. Since arriving in the Senate, she has become a prominent face for the GOP, in large part because she stands out in the Republican Senate caucus, which is mostly male and much older than she.

On the day of her swearing-in

ceremony. Ayotte was reminded of the unusual figure she cut in her new place of work. When she slipped into the Senate chamber and sat at the desk she would soon officially be assigned to, a guard marched toward her. The desks, he told her sternly, were for senators only. "Really?" Ayotte remembers saying to him. "Because that is my name [on the placard]. And I worked pretty hard to get here."

They all did, she says now of her fellow female New Hampshirites in the House, the Senate and the governor's mansion. "It didn't fall into our laps."

There is, of course, an ideological chasm between Ayotte's record and the positions of a former antiwar protester like Shea-Porter. It seems to be the case, however, that even in today's hyperpartisan climate, women are unusually successful at finding common ground, particularly around issues that affect women and children. Studies of state legislators have found that female lawmakers are more consensus oriented and collaborative than their male counterparts.

"During my time in the New Hampshire state senate, we went from four or five women serving to more than one third of the body being women," says Shaheen. "That changed the dynamic. It was enough for us to be a critical mass. And I see it in the U.S. Senate. The Republican and Democratic female senators meet four times a year. I think that was instrumental in getting all the women senators together on the Violence Against Women Act. Kelly knew the importance of it because of her experience as a prosecutor and as AG. I think it's notable we got [conservative Republican] Senator [Deb] Fisher of Nebraska."

Women have also crossed party lines to tackle the epidemic of sexual assault in the U.S. military. Ayotte teamed up with Senator Patry Murray (Democrat, Washington) to sponsor legislation that would protect videv items with a special military lawyer when they report instances of abuse, and also prohibit sexual

contact between instructors and trainees both during and for one month after basic training. Kuster recently signed on as a cosponsor of legislation that would enhance whistle-blower protections for service members who come forward with sexual-assault claims. She met the Republican sponsor, fellow first-vear member Jackie Walorski of Indiana, when they were posing for a group photo of female congressional representatives. After trading compliments on their suits, the two struck up a conversation. "Right off the bat we identified this issue as something we wanted to work together on," says Kuster,

Perhaps as important as the legislation these women are promoting is their very presence in high office. It doesn't just help voters become more accustomed to women exercising power; it can also expand what girls and women envision for themselves. "In 2006.1 was the first woman to go to Congress from New Hampshire," says Shea-Porter, "Now, six years later, the whole delegation is female," A supporter phoned her after election night to share her granddaughter's response to seeing images of the newly elected Hassan, Shea-Porter and Kuster on TV. "Look, Mommy!" she shouted, "All girls!"

Each of the power five is up for re-election in 2014 except Ayotte, whose term ends in 2016. Her Democratic challenger will probably be a woman: The conventional wisdom in New Hampshire is that if Hassan wins a second two-year term in 2014, she will emerge as Ayotte's challenger in the 2016 Senate race. If Hassan defies prognostications and sits out the Senate contest, the thinking is that Kuster, now a Democrat in Congress, could be a contender. A woman-versus-woman matchup would again highlight how different the state looks from most of the

country. "In New Hampshire," says Dartmouth professor Fowler, "women are the major players." In other words, women are the establishment now. *

ALEXANDRA STARR has written for the New York Times magazine, Slate and others.

"WEEKEND IN PARIS" SWEEPSTAKES RULES

NO DURCHASE NECESSARY TO ENTER OR WIN. Subject to official rules at www.more .com/winparis. The More "Weekend in Paris" Sweepstakes begins at 12:01 AM Central Time ("CT") on September 10, 2013, and ends at 11:59 PM CT on November 25, 2013, Blippar entries must be received by 11:59 PM CT on November 25, 2013. Mail entries must be postmarked by November 25, 2013, and received by December 4, 2013. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older, LIMIT: twenty-five (25) Blippar entries per person per day. One (1) mailin entry per person per week = one hundred and seventy-five (175) Blippar entries per week. Void where prohibited, Sponsor: Meredith Corporation.



"Five weeks in, I had a kind of meltdown," she says. "I had to be sent home for the day because I was just emotionally done. I couldn't stop crying."

Hancock says consummate pro
Thompson exaggerates when she calls
the episode a meltdown. "Toward
the end, we had her doing full days in
which every scene was difficult," he
says. "In the most polite, British way—
no diva about it—she said, is there any
way to schedule some of this so I can
be fresher for it?" She took a half day off
and came back ready to rock and roll."

For Thompson, part of Banks's draw was the chance to explore the professional and personal parallels between Travers's life and her own, Children's author is a title they share. In addition to writing the two Peter Rabbit books, Thompson spent much of the past decade adapting Nurse Matilda novels by Christianna Brand into two successful family films, 2005's Nanny McPhee and 2010's Nanny McPhee Returns. (She also starred as the title character, a fearsomely unattractive but highly effective children's caretaker.) Like Travers, she says she doesn't believe in writing down to younger readers. "I think there's so much written for children that's lazy and manipulative and cynical," she says. "And not good art."

More poignantly, she and Travers both lost fathers prematurely. Thompson was 23, newly graduated from Cambridge University and just beginning to make her way as a comic actress when her dad. Eric Thompson, died at 53. An actor, writer and director, he was best known in England for narrating The Magic Roundabout (1965-77), a children's TV show that's still fondly remembered. He had been ill for years, having survived a heart attack in his thirties and a severely debilitating stroke when he was 48, "I find his death almost more tragic now because I'm almost two years older than he was when he died," she says. "I feel like I'm coming into a whole new heart of creativity, with all this experience behind me, and, of course, he had that taken away from him. There must have been many things that he wanted to do that he knew he'd never get to. Losing him was just terrible. Terrible, So the

search for the father is very much my search, too. I understand that part of Travers very, very well."

Thompson's mother, actress Phyllidars, at Law, 81, lives in a house directly across the street. The two are close, accepting honorary degrees together last July from the Royal Conservatoire of Scotland, spending the summer as a family at a vacation house Thompson's parents bought in the rural Highlands when she was a teenager, and relaxing by cooking. "If we want to calm ourselves down," says Thompson, "we'll get out a good recipe book, look at something and discuss whether we think it would work or whether we think it would work or whether we could get the right ingrediens

"I often say no to going out because I prefer to stay in, cooking a meal or talking to my family," she adds. "Last night we had marinated pork fillet with rosated kale, brown rice and braised leeks. My sister-in-law is recovering from chemo for breast cancer, so I'm cooking from these medicinal cookbooks and discovering some new things."

Most of Thompson's domestic life, however, is as familiar as the roasted kale was not. Her house, which she has lived in since 1990, when she was married to actor-director Kenneth Branagh (they split a few years later, after he embarked on an affair with Helena Bonham Carter), is up the hill from where she grew up and half a block from her first adult apartment. Her only sibling, actress Sophie Thompson, 51, lives in a house 10 minutes away. And Wise's sister has a flat just down the street. "This is my 'hood, big time," says Thompson, who often travels by tube, shops in neighborhood stores and catches movies with her husband at the Everyman, a legendary local cinema.

She has spent more time writing than acting in the past decade, mostly to remain near Gaia. "Writing was something I could do at home. I missed acting, and I'm more able to get out there now," she says, noting that the nearly six weeks she spent in LA. for Banks was the longest she'd been apart from her daughter. Not that she plans to sign on for extended shoots in far-flung locations anytime

soon. It think during the teenage years, your presence is terribly important," she says. "It's difficult to pass on wisdom in words. I think if you're going to pass anything on, it'll be by example, through your behavior—and not just one bit of behavior but consistent behavior over many years,"

Age has brought a perspective on marriage, too. She laughs long and loud when asked if Wise is as swell a guy as she has painted him in past interviews. "Have I made him sound overly fabulous?" she asks. Yes, he does garden and share equally in child care. "And he cooks and drives us to Socialad and back, and he brings wood down from there," she says, pointing to a nearly stacked pile of timber next to a fire-place. "We're very lucky to have hims as a husband and a father. But, you know, he's a guy." She laughs again. "They're great—as far a sit goes."

Her advice for a happy marriage? "Working on it. If there are bad patches, make sure you undo them. But I just think it's being awake, really, and making sure you have fun."

Thompson says marriage gets easier with age, as does so much else in life:
"You know how to control the things that need controlling, and you also know how to let go when letring go is the order of the day. It's very difficult to let go when you're young, Older people have worked out that there are certain things that really don't matter and certain battles that aren't worth fighting." An example? "Dieting," she declares. "Not that I don't still do it. Butif you've lived long enough, you go, How an I goingt od this but make it eniovable?"

The subject of enjoyable diers leads her to talk of cooking, and soon "hompson is urging me to sample the homemade Damson plum-infused vodka that's steeping in large glass jars on her kitchen windowsill. She offers me as jof the brew, which she serves up every Christmas. "Ent' it delicious? You can really taste the plums," she says. "They're bitter if you try to just eat them plain but so sweet this way." *

LEAH ROZEN, a freelance writer in New York, profiled Melissa McCarthy in the July/August issue of More.



V TRAINING SUPPORT MA VOICE SANJANA'S OREAM TO WORK WITH CHILDREN AND SERVE HER COMMUNITY WAS SHATTERED WHEN SHE WAS FORCED INTO MARRIAGE AT AN EARLY AGE, HAVING A LIFE DUTSIDE HER HUT WAS NOT AN OPTION, CARE GAVE SANJANA THE SUPPORT AND CONFIDENCE SHE REEDED TO FACE HER FAMILY AND FOLLOW HER PASSION. TODAY, SHE IS AN ADDLESCENT GROUP LEADER AND INSPIRES OTHER GIRLS TO ACHIEVE THEIR GOALS, YOUR CARE PACKAGE® HELPS YOUNG WOMER PURSUE THEIR OREAMS WITH DIGNITY.



Age of enlightenment

Reaching a spiritual peak

BY NINA BURLEIGH





I AM STANDING at the base of Mount Sinai, an atheist among pilgrims, about to climb 7,000 feet to the place where God is said to have met Moses and handed down the Ten Commandments. Camel heads and Bedouin boys appear and disappear around me, floating in the darkness like fish. The stars are so numerous, they form a chain of lighted gas that links the jagged peaks far above the bowl of sand in which we are standing. Coyote howls commingle with the call of a muezzin in a far-off mosque.

I'm with a television personality and crew, retracing the biblical exodus for an American TV special, Having spent the past month interviewing scholars, I am aware that geographers and historians have never even agreed that this particular peak is the biblical Mount Sinai.

It is June 2012. Postrevolutionary Egyptian politics are on fire, and our journey across the miles from Luxor was an obstacle course of searing, flyspecked checkpoints. At dusk we finally arrived at the base of the mountain, where the ancient compound of St. Catherine's Monastery is located. A tall monk with a chest-length gray beard led us through echoing stone alleys and a series of hobbit-size locked doors to the burning bush, a shrub that is said to be the very same bush that alerted Moses to God's presence lo these many millennia ago.

I think about the improbability of a 3,000-year-old bush as I begin to climb-and climb, and climb-in the dark, Eventually, though, all I can think about are my legs. I consider myself athletic, but after four hours, I am not feeling at all fit. The final half hour of the climb is a steep expanse, broken into steps carved by ancient hands.

I am the end product of a line of skeptics. My paternal great-great-grandfather left Ireland in the 1800s, and that branch of the family never looked back at religion. My maternal grandmother was persecuted for her Christianity in a part of the Ottoman Empire that was being ethnically cleansed by Atatürk; she buried a baby brother on a refugee trek. When my own mother came to America from Iraq, she too left religion behind. In rural Michigan, in fourth grade, I was pulling Freud's Totem and Taboo off my parents' shelves, where there was nary a Bible to be found.

As I reach the pinnacle, the black sky is purpling in the east, and I hear song, prayer and laughter. A Russian woman faces the sunrise holding a small red Bible in her hand. Muslims retreat into their aerie of a mosque, and at the tiny stone church next door, Christian Indonesians pose for pictures.

My muscular but aging legs are shaking-a sign of my own mortality that I have never experienced before. I heave my body onto a slab of rock and, quaking like a leaf on top of that storied mountain, I think I might finally understand something about the newly energized religious believers in my generation. No. I am not going to join them. But I realize that for me, what makes this place so profoundly spiritual is not the actual presence of God, nor the glorious spectacle of daybreak from on high, but the enduring chain of human belief itself, transferred down the generations, among people once just like us, returned to dust. *

NINA BURLEIGH is an investigative journalist. Her most recent book is The Fatal Gift of Beauty: The Italian Trials of Amanda Knox.



GO PRO WITH CREST PRO-HEALTH.



Crest Pro-Health TRICLOSAN FREE



N°5 AND MARILYN MONROE INSIDE-CHANEL.COM